

## Low Sugar Granola

### Ingredients

6 tbsp coconut oil

500g mixed rolled grains, such as oats and rye

100g coconut flakes

100g dried fruit, cut into smaller pieces if large (such as sultanas and apricots)

100g mixed nuts, roughly chopped (we used almonds and hazelnuts)

100g mixed seeds (we used pumpkin and sunflower)

2-3 tbsp pure maple syrup (I used maple syrup blended with carob syrups which contain less sugar)

1 tsp vanilla extract or paste

### Method

Heat the oven to 170°C/fan150°C/gas 3½. In a small saucepan, gently warm the coconut oil until it melts to an even pouring consistency. Remove from the heat and leave to cool slightly.

Mix all the dry ingredients together in a large bowl. Add the maple syrup and vanilla to the melted coconut oil and stir well.

Pour the coconut oil mixture over the dry ingredients, then work well with a spatula lifting and mixing until all ingredients are covered in a light sheen. Taste and add more maple syrup if needed.

Divide the granola among baking sheets in a single layer. It's important the granola isn't too crowded when it goes into the oven.

Bake for 15 minutes, giving the granola a gentle stir halfway through. Return to the oven and check and stir every 10 minutes until the granola is toasted to your liking. About 30 minutes all in all.

Remove the baking sheets from the oven and set aside for the granola to cool completely. Transfer to an airtight container, ready to sprinkle over yogurt or poached fruit.