



Homemade Granola

30 minutes

Hands on

4

Portion(s)

1

Difficulty



Ingredients

- 80 g brown sugar
- 100 g honey
- 100 g vegetable oil
- 400 g oats
- 1 teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 120 g almond slivers
- 50 g dried cranberries
- 50 g golden raisins
- 150 g dark chocolate couverture, finely chopped

Διατροφικός πίνακας

Nutrition information per 100 gr.

435 Calories (kcal)	19.0 Total Fat (g)	5.6 Saturated Fat (g)	52.0 Total Carbs (g)
22%	27%	28%	20%
26.0 Sugars (g)	9.4 Protein (g)	6.6 Fibre (g)	0.0 Sodium (g)
29%	19%	26%	0%

Method

- Preheat oven to 160* C (320* F) Fan.
- Heat the sugar, honey and vegetable oil in a pan. Just heat through, do not bring to a boil.
- Add the oats and aromatics. Stir well with a wooden spoon. The sugar will not melt completely.
- Transfer mixture to a 23x35 cm nonstick baking pan and press down on it with the bottom of a drinking glass to spread it evenly.
- Bake for 20 minutes.
- When ready, remove from oven and set it aside for 30 minutes to cool.
- Break the granola apart with your hands but leave some larger pieces also.
- Combine with the rest of the ingredients (chocolate, cranberries, raisins and almond slivers and store in a jar.
- Serve with milk or yogurt.