

Nearwater Granola

450 g oats
120 g sunflower seeds
120 g white sesame seeds
175g apple sauce
2 teaspoons cinnamon
1 teaspoon ground ginger (Amelia uses fresh ginger...more bite !)
120 g golden syrup
4 tablespoons runny honey
100g light brown sugar
250g flaked almonds
1 teaspoon salt
2 tablespoons sunflower oil
300 g raisins (I never put raisins in but if you like them do)

Mix everything together in a large mixing bowl. Spread the mixture out on two baking trays (the sort that come with ovens)

Preheat oven to 170 deg C. Turn mixture half way during baking...after about 10/15minutes and leave to cook on the other side for the same amount of time.

I then turn the oven off and leave the granola overnight inside the oven .

It helps it to crisp up perfectly.

Store in an airtight container. Granola will last about two weeks if it is not gone already.

ENJOY!