

# BREAKFAST GRANOLA

## INGREDIENTS

Organic rolled oats  
Puffed brown rice  
Puffed buckwheat  
Any other raw puffed cereals you can find at a wholefoods store  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Chopped walnuts  
Chopped dried apricots or peaches  
Chopped dried apples  
Shredded coconut  
Pinch of salt  
Rice bran oil  
Pure maple syrup

You can vary the quantities to taste but I usually start with ½ cup of each cereal.

## METHOD

Heat oven to 180c (slow oven)  
Line a large baking tray with baking parchment  
Mix the dry ingredients thoroughly in a large bowl.  
In a small microwave safe bowl, mix 1tblspn each of oil and maple syrup.  
Heat oil and syrup mixture for 10 seconds and stir to mix thoroughly.  
Add to dry ingredients, stirring to ensure everything is coated with the mixture.  
Spread evenly on baking tray and bake for 20 minutes.  
Check to see whether the cereal is crisp enough.  
If not, bake for an additional 5 minutes.  
Remove from oven and allow to cool on the tray.  
When completely cool, store in an airtight container for up to a fortnight