Healthy Granola

Kitchen Club

Ingredients

- 200g rolled oats
- 3 tbsp pumpkin or sunflower seeds
- ½ tsp ground mixed spice
- 1 tbsp mild oil (eg. sunflower, vegetable or melted coconut)
- 3 tbsp runny honey

Method

1. Heat the oven to 190C/170C fan. Mix all the ingredients in a bowl with a spoon, then use your hands to squeeze and combine thoroughly. Spread the mixture out on a baking tray. Bake for 7 minutes, stir really well and then bake for a further 2 - 5 minutes until golden and a little bit crispy.