



Homemade granola

Prep: 15 minutes • Cook: 30 minutes • Serves: 16



Ingredients

50ml vegetable oil
75ml maple syrup or clear honey
2 teaspoons vanilla extract
400g porridge oats
½ teaspoon ground ginger
½ teaspoon ground cinnamon
100g dried cranberries
200g carrot, coarsely grated and strained through a tea towel
150ml of semi-skimmed milk per portion

- 1** Pre-heat the oven to 180°C/ 160°C fan/ gas mark 4. Mix the oil, syrup or honey and vanilla together in a large bowl.
- 2** Add the oats, spices and grated carrot and mix well.
- 3** Tip onto two large baking trays and spread out evenly. Bake for 25-30 minutes, stirring halfway through, until golden, crisp and smelling toasted. Remove from the oven and leave to cool.
- 4** When cool, tip the baked mixture into a large mixing bowl.
- 5** Stir the dried cranberries through the mixture and the granola is finished. It can be stored in an airtight container for 2-3 weeks.
- 6** Serve each portion with 150ml of semi-skimmed milk or milk of your choice.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✗
Carbohydrate **29.5g**
Low protein ✓
Low salt ✓
Cost per portion (Aug 2022) **60p**
Energy in kcals **213**