Taste the Hills Recipes and Tips

Breakfast granola

300g rolled oats 100g almonds or hazelnuts

2 tsp ground ginger 50g flaxseeds

2 tsp cinnamon 50g flaked almonds or coconut flakes

1 tsp sea salt flakes 50g sesame seeds

150ml olive oil 100g sunflower seeds

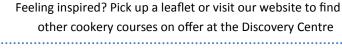
100g Pumpkin seeds 150 ml maple syrup

Preheat oven to 150 degrees and line a baking sheet with parchment.

Tip the oats into a bowl and thoroughly mix in the spices and salt. Add all the other dry ingredients.

Pour the oil and syrup into a jug and pour into the bowl and mix with a big metal spoon.

Spread it all evenly in the tin and bake for 20 mins. Turn it over with a spatula and return to bake for another 20 to 30 mins and let it cool in the tray.





by Ludlow Food Festival

Shropshire Hills Discovery Centre – the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk



Charity no: 1158795