

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
100g sunflower seeds	150ml olive oil
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.

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