

Granola

Granola is a great batch-breakfast you can prepare and make at the weekend then stick in a Kilner style jar for the rest of the week

Ingredients (serves two for breakfast for most of the week)

250g jumbo oats

50g desiccated coconut

15g lightly crushed pecans and almonds

3tbs organic coconut oil

2 tbsp A-grade maple syrup

1 egg white (optional)

Pinch of sea salt

Method:

Preheat the oven to 150c (or 130c if it's fan assisted). Line a large, flat, baking tray with greaseproof paper. Heat the solid coconut oil gently in a saucepan until it melts then add it and the maple syrup, to a large mixing bowl along with all the other ingredients (except the egg white) and mix well. The egg white will bind the granola together but if you don't eat eggs you can skip the next step. The granola will taste just as good but it will separate. So, whisk the egg white until it's light and fluffy and stir it into the mixture. Spread the granola mixture over the baking tray and pat it down like one huge (flat) flapjack. Cook in the centre of the oven for the allotted time but, depending on the efficiency of your oven, it may not take that long so check it regularly to make sure it doesn't burn. Once you start to get that wonderful toasty smell, take it out and, using a spatula or fish slice, turn the mixture over, pat it back down and put the tray back in the oven. Cook again for the same length of time as before, checking frequently. When it's golden brown, take it out and leave it to cool completely then break it up and put it into a sealable jar (or Tupperware container). Serve a portion for breakfast with some almond milk or yogurt and some blueberries or mixed fresh fruit. It will easily keep you full until it's time for your mid-morning snack

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