



healthy lifestyle nutrition

TOASTED ALMOND GRANOLA

Ingredients:

- 3 cups rolled oats
- 1 cup natural almonds
- 1 cup pistachios in shell, shelled
- ½ cup shredded coconut
- ½ cup roasted coconut pieces

- ²/₃ cup neutral vegetable oil (e.g. sunflower)
- ½ cup brown sugar
- ¾ teaspoon ground cinnamon
- 1 egg white, beaten with a fork
- 1 cup diced, mixed dried fruit (I used dried cranberries, blueberries and plums)

Directions:

- 1. Preheat oven to 180 degrees Celsius and line a baking tray with baking paper.
- Mix all of the ingredients bar the dried fruit in a large bowl until thoroughly combined.
- **3.** Tip mixture onto the baking tray and stir to evenly distribute.
- 4. Bake for 30 minutes and then check colour. If it's a nice toasted colour you can take it out then, otherwise leave it for another 5-10 minutes.
- Remove tray from oven and stir in dried fruit until thoroughly combined.
- Leave to cool and then store in an air-tight container (a large jar is ideal).





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