



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club 30th November 2020

Crunchy Granola



This granola recipe is endlessly adaptable and can be eaten in lots of ways too. I used pumpkin seeds, walnuts, raisins and cranberries this time but use whatever combination you like (or have in the cupboard!). You can enjoy this granola with milk or yogurt. It's also lovely with some poached fruit or just as a snack to graze on.

Ingredients

250g rolled oats (ideally jumbo but any will work)

200g nuts and seeds (pumpkin, sunflower, walnuts, pecans etc.)

½ tsp ground cinnamon

½ tsp ground ginger

a pinch of salt

3 tablespoons honey or maple syrup

3 tablespoons sunflower oil

3 tablespoons water

150g dried fruit (apricots, dates, prunes, raisins, cranberries etc).

You will need a large baking tray or tin, a chopping board and knife, a small pot and a wooden spoon.

Method

1. Preheat the oven to 180 degrees.
2. Add the oats to the baking tray.
3. Roughly chop the nuts, and then add both the seeds and nuts to the tray with a pinch of salt.
4. In a small pot add the honey or maple syrup, oil and water together. Heat for a few minutes until warm and combined.
5. Pour the hot honey mixture over the oats, nuts and seeds and mix well.
6. Transfer to the oven and bake for 20 minutes, giving everything a good stir halfway through.
7. Remove from the oven and allow to cool.
8. When cool add the dried fruit, chopping up any larger fruit first (apricots, dates etc.).
9. Store in an airtight tub or a jar. It will keep for about two weeks.