



WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

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Crunchy Oat Granola

Serves: 7 portions

Prep Time: 15 mins

Total Time: 1 hr 15 mins



Rolled oats are a great slow release energy food, try making your own crunchy nut breakfast granola. This recipe makes 7 servings, store in an air tight container for up to one week.

INGREDIENTS

- 150g porridge oats
- 25g brazil nuts
- 25g almonds or walnuts
- 25g mixed seeds
(sunflower, pumpkin, linseed)
- 1 wheat bix, crumbled
- 50ml sunflower oil
- 2 tablespoons honey
- 50g chopped apricots
- 50g raisins

GET COOKING

1. Pre-heat your oven to 140c or gas mark 1.
 2. Place the oats, nuts, seeds and wheat bix in a large bowl, mix together.
 3. Melt the oil and honey in a pan, add to the dry mixture and stir.
 4. Spread onto a baking sheet, bake in the oven for one hour.
 5. When cool, add raisins and apricots, store in an air tight container.
- Serve with milk or yogurt and fruit.

Try adding your favourite dried fruits, dates, cranberries or dried bananas.



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