

Granola–Two Whales Style

Since our first attempt at granola we have added bits, subtracted others – here is the latest incarnation! In addition its appearance on the regular breakfast menu it also adds a little something as a topping to our Chia pudding before seasonal fresh fruit comes our way.

Pre-heat oven to 350f

6 cups quick cook oats (preferably organic)

1 cup Bob's Red Mill wheat germ

1 tsp nutmeg

1 tsp cinnamon

a pinch of sea salt

½ cup chopped pecans

½ cup organic raisins

¼ cup unsweetened coconut

½ cup canola oil – preferably Spectrum or equivalent organic oil

½ cup maple syrup

½ cup dried apricots finely diced

½ cup pumpkin seeds

In a large bowl mix all ingredients - through to maple syrup. Mix well, divide between two cookie sheets and bake for 10-15 minutes, until golden. Stir every 5 minutes during cooking so the edges don't burn.

Meanwhile dice the apricots. Once the granola is cooked add the apricots and pumpkin seeds. Mix well and leave to cool completely.

Once cold store in an air-tight container.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

