

# GRANOLA RECIPE

(makes approx. 1.5 Kg. – 30 x 50g servings)

## Ingredients:

250g Jumbo Oats	250g Wheat Flakes	250g Barley Flakes
125g Sunflower Seeds	65g Sesame Seeds	75g Hazelnuts (whole)
75g Brazil Nuts	75g Cashew Nuts	100g Dried Apricots
100g Raisins (or Sultanas)	75g Pitted Dates	50g Dried Cranberries

4 Large Oranges (for juice – about 1-pint)



### **Utensils:**

Large (5-Litre) Mixing Bowl      2 Basins/small bowls      Chopping Board  
Sharp 6” Kitchen Knife      Large Mixing Spoon      Fish Slice (plastic)  
Fruit Juicer      1-Pint Jug      2 - 15”x12”Non-stick shallow baking trays  
1 - 4 to 5 litre airtight storage container



Some of the utensils

### **Method:**

Weigh out the ingredients in the quantities stated above and place the Jumbo Oats, Wheat flakes, Barley flakes, Sunflower seeds and Sesame seeds in the large mixing bowl and mix with the large mixing spoon.

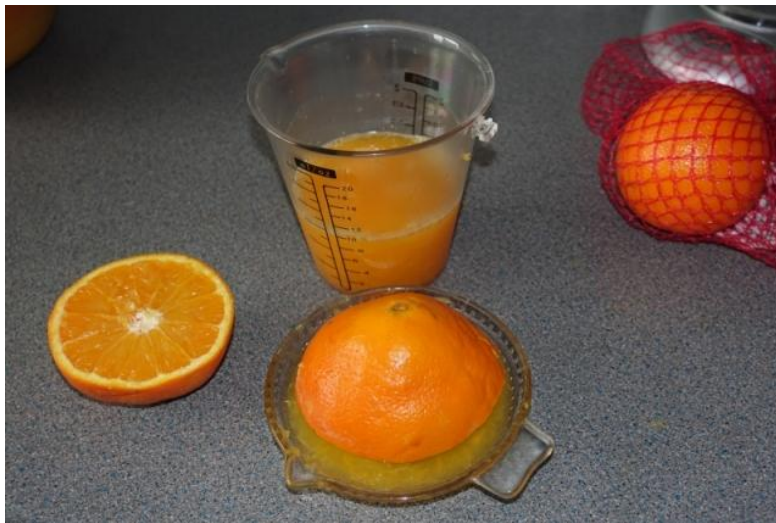




Chop the Brazil nuts and Cashew nuts into about 9mm sized pieces and place in one of the small bowls along with the whole Hazelnuts.



Juice the 4 Oranges and retain the juice in the jug.



Add the nuts to the ingredients in the large mixing bowl and mix with the large spoon.

Slowly mix in the Orange juice ensuring all the mix is evenly covered in the juice.



Pre-heat the oven to 160 degrees C (320F) and place two shelves close to the middle of the oven

Divide the mix into two and spread evenly on the 2 baking trays which should be to a depth of about 20-mm.



Place both the trays in the oven and bake for 45 to 60 minutes.



After 15 minutes take each tray out of the oven in turn and carefully turn over the mix using the fish slice or a similar implement ensuring the mix remains evenly spread on the tray and return to the oven.





Repeat the above twice more at 30 minutes and 45 minutes. When the granola is an even golden colour (no more than 60 minutes) remove from the oven and leave until they have cooled, if possible keeping the trays raised from the work surface using wire cooling racks underneath to aid cooling.



While the mix is cooling, chop the dried apricots and pitted dates into approximately 9-mm pieces and mix together with the raisins and cranberries in one of the small mixing bowls.



When the mix has cooled (45 to 60 minutes) return the contents of both trays to the large mixing bowl and mix in the fruit.







The granola can then be stored in a suitable airtight storage container.



*The finished product*