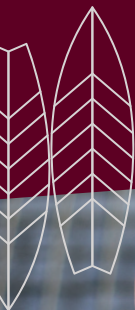


# Arum Nixon's Honey-Toasted Granola

This granola has plenty going on! Simple as it is, every mouthful brings something new – seeds, nuts, fruit, oats. Feel free to mix it up, that's the beauty of making your own granola. If you don't like macadamias, try another type of nut; or if you love a particular type of dried fruit, throw some in.

Just make sure you buy good quality, fresh ingredients. That's the secret to making a great granola.



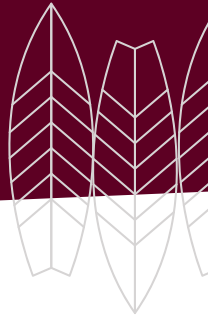
*Westfield*

NAKED FOODS  
ORGANIC HEALTH FOODS



# Arum Nixon's

# Honey-Toasted Granola



## Ingredients

- 120ml honey
- 2tbs olive oil
- 300g rolled oats
- 50g pepitas
- 100g hemp seeds
- 150g macadamias, roughly chopped
- 50g coconut flakes
- Large pinch salt flakes
- 50g dried apricots, roughly chopped
- 50g dried figs, roughly chopped

## Method

1. Preheat the oven to 150 degrees, and line a large baking tray with baking paper.
2. Place the honey and oil in a small saucepan and heat gently until loose enough to combine. Take off the heat and allow to cool slightly.
3. Meanwhile, mix the remaining ingredients, apart from the dried fruit, in a large bowl. Add the oil and honey mix and stir really well to combine.
4. Spread the mix out on the baking sheet and bake for about 20–30 minutes until golden, stirring occasionally so it cooks evenly, bringing the mix in from the edges. It's OK to allow small clumps to form so no need to completely break it up.
5. Remove from the oven and leave to cool and crisp up on the tray. When cooled slightly, mix through the dried fruit and leave to cool completely. Store in a large jar or similar airtight container.

## Tips and Tricks

- Granola can be far more than just for breakfast – especially delicious, homemade granola. Sprinkling some over yoghurt and honey makes a great dessert or try some crumbled over ice cream. It also makes a great snack to have in the cupboard.
- If you have dietary requirements, just about everything in this recipe can be swapped out for something else similar. The important thing is to have a mix of oats, nuts, seeds or similar, and a bit of variety. The honey and olive oil could be swapped for a syrup and any other type of oil. Speak to a good health food shop who can advise you.

**Makes 1 Large Jar**

