

Nutty tahini granola

Store bought granolas can be full of added sugar and oil. By choosing to make it at home, you can not only save money but also have the added benefit of knowing that you are using IWL friendly ingredients to put together a delicious breakfast.



- Serves : **Makes 1 large jar full**
- Prep : **10 min**
- Cook : **25 min**

- Vegan
- Vegetarian
- Lactose free
- Contains nuts
- Breakfast

Ingredients

- 2 ½ cups rolled oats
- ½ cup mixed seeds (e.g. pepitas, chia seeds, sunflower seeds)
- ½ cup mixed nuts, chopped (e.g. almonds, walnuts)
- 1 teaspoon cinnamon
- 3 heaped tablespoons tahini
- 1 tablespoon maple syrup (optional)

Method

- 1.** Preheat oven to 200°C and line a baking tray with baking paper.
- 2.** In a large mixing bowl combine the oats, seeds, nuts and cinnamon.
- 3.** In a small bowl combine the tahini and maple syrup. If the tahini is slightly hardened, you may need to heat in the microwave or on the stove for a couple of minutes to form a thin pouring consistency.
- 4.** Pour the tahini and maple syrup into the bowl of dry ingredients and stir well to combine everything together. Ensure the tahini is evenly mixed through the oat mixture.
- 5.** Tip the oat mixture onto the baking tray. Use a spoon to spread the mixture out into an even layer on the tray. Place into the oven for 10 minutes, then remove the tray and use a spoon to stir the granola around the tray and spread out in an even layer again. This ensures that the granola cooks evenly and does not burn. Return to the oven and bake for a further 15 minutes until golden.
- 6.** Remove granola from the oven and allow to cool completely on the tray. Once cooled, transfer to a large airtight jar and use within 1-2 weeks. Enjoy!