

GOOD MORNING GRANOLA

WHY WE LIKE IT : Sprinkle a few heaping tablespoons over organic Greek yogurt for a high protein and tasty breakfast or take a handful in a baggie with you for later when you need a healthy snack. This granola is high in fibre, magnesium, Vitamin E and all the B Vitamins as well as contains cholesterol lowering properties and very low sodium

NOTES : * Adapted from Granola with dries cranberries by Gordon Ramsay from his book Gordon Ramsay's Healthy Appetite 2008.

INGREDIENTS

- 2 cups jumbo rolled oats
- ½ cup unsalted slivered almonds
- ¼ cup unsalted pumpkin seeds
- ¼ cup unsalted sunflower seeds
- ½ tsp ground ginger (more if you like it)
- Pinch of salt
- 1/3 cup of liquid honey
- 3 Tbsp butter
- Grated zest of 1 orange
- ½ cup of dried (unsweetened) cranberries

PROCEDURE

- 1 Preheat oven to 350 °
- 2 In a large bowl, mix to combine ingredients 1-6.
- 3 In a small saucepan on very low heat, melt ingredients 7-8.
- 4 Once the butter and honey have melted, remove from the heat and add the grated zest of 1 orange.
- 5 Add melted mixture to oat mixture and stir, making sure that the butter and honey and well incorporated throughout.
- 6 Spread combined mixture onto a cookie sheet and bake in the oven for 15 minutes total. Set the timer for only 5 minutes, take cookie sheet out of the oven, stir the mixture and return to the oven for another 5 minutes. Repeat until mixture is evenly browned.
- 7 Once out of the oven, pour mixture back into large bowl and let cool.
- 8 In the meantime, chop a generous ½ cup of dried (unsweetened) cranberries. You can leave them whole however I prefer to chop them into smaller pieces so you get a little hit of flavour with each bite.
- 9 Add the chopped cranberries to the oat mixture and stir.
- 10 Once completely cooled, store in a glass airtight container for up to 1 week.