

# Home-made Granola

A RECIPE BY LANCHANA GREEN

## Ingredients

- 200g oats
- 3 tbsp coconut oil
- 5 tbsp maple syrup
- 1/3 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 2 tsp cinnamon
- raisins/chopped dates (optional)

Makes enough to last a while so I have put the macros for the full batch below.

## Directions

- Melt the coconut oil and maple syrup in a saucepan.
- Mix with all the dry ingredients (minus raisins and dates if adding).
- Bake in the oven at 180 degrees for about 45 mins, make sure to stir around a few times to save the top layer from burning.
- If adding raisins/dates, add these here.
- Once cool, store in an airtight container.

PROTEIN: 45G FATS: 95G CARBS: 218G CALS: 1827 FULL BATCH