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**Here’s a great recipe to try. It accompanies the Homemade Granola film with Frances and Francesca. This recipe makes 15 x 55g portions and if you store it in a jar it will last for up to a month.**

**Ingredients**

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| **Makes 15 x 55g portions CHO Protein** |
| 2 tablespoons vegetable oil |
| 125ml maple syrup 80g |
| 2 tablespoons honey 28g |
| 1 teaspoon vanilla extract |
| 300g jumbo/rolled oats 213g 33g |
| 50g sunflower seeds 10g 10g |
| 4 tablespoons sesame seeds 7g |
| 50g pumpkin seeds 6g 9g |
| 150g flaked almonds 15g 30g |
| 50g sultanas 35g  |
| 50g dried cranberries 40g |

Each portion: 28g carbs + 6g protein

**Method**

Heat oven to 150C/fan 130C/gas mark 2

Mix oil, syrup, honey and vanilla in a bowl

Add oats, seeds and nuts and mix well

Spread ingredients evenly on 2 lined baking trays and bake for 15 minutes

Add dried fruit evenly and cook for another 10-15 minutes

(If you forget and add it all together, bake everything for 25 minutes but stir halfway so fruit doesn’t burn)

Leave to cool on a rack and then mix up together and store in a jar for up to a month

Serve with 125g Greek yogurt (8g protein, 6g carbs)

**Bon Appétit**



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