

Low sugar, crunchy granola

Preparation time 5 minutes, cooking time 20 - 25 minutes

Ingredients:

2 cups jumbo oats
1 cup mixed nuts
1 cup mixed seeds
½ cup desiccated coconut
3 tbsp. coconut / olive oil
2-3 tbsp. maple syrup
1 tsp vanilla extract, optional
1 egg white

Directions:

- Preheat the oven to 160C
- Place all dry ingredients into bowl and mix
- Melt oil, syrup and vanilla extract together in a saucepan and add to dry ingredients. Mix well
- Whisk egg white until stiff and stir through mixture
- Spread out onto a baking sheet and roast for 20 minutes until toasted
- Allow to cool and place in an air tight container

Try not to stir the granola while cooking or cooling, as this breaks up the crunchy clusters.

Vary nuts and seeds according to what you like. Most commercial granolas have lots of sugar and oil added to create 'clumps' and crunch. Adding the egg white adds crunch without using more oil or sugar.