

Quick and easy



Low-carb coconut granola

Makes 7 servings

140g rolled oats

90g mixed seeds

90g pecan nuts, roughly chopped

90g coconut chips

105g unsweetened apple sauce

45g coconut oil, melted

50g honey

Pinch of salt

95g raisins

95g dried apricots, roughly chopped

115g yoghurt, such as Greek, natural or soya (per serving)

Method

Preheat the oven to 160°C. Combine the rolled oats, mixed seeds, pecan nuts and coconut chips in a large bowl. Stir together the apple sauce, coconut oil, honey and salt in a separate bowl then pour over the dry ingredients and toss to coat.

Tip everything into a large roasting tray then pat down the ingredients to form an even layer. Bake for 20 minutes, stirring occasionally, until golden and crisp. Remove from the oven, stir through the dried fruit and leave to cool.

This recipe will make 7 portions so weigh the whole batch and divide by 7 to calculate how much you should eat for one meal.

Serve the granola with the yoghurt and store the rest in an airtight container.

Alternative ingredients

To make this nut-free, swap the pecans for the same amount of seeds, such as pumpkin.

Tip

Kept in an airtight container, the granola will last up to 3 weeks.