

# Toasted Sesame Granola

## *Ingredients*

- 1 1/2 cups rolled oats
- 1/2 cup coconut flakes
- 1/4 cup sesame seeds
- 1/3 cup pumpkin or sunflower seeds (or both!)
- 1/3 cup pecans, halved lengthways
- 1/3 cup raw almonds, halved lengthways
- 1 tsp ground cinnamon
- 1/2 tsp sea salt
- 1 tbs coconut or rapadura sugar
- 3 tbs coconut oil
- 1/3 cup maple syrup
- 1 tsp vanilla extract (optional)
- 1/4 cup dried currents
- 1/4 cup organic dried apricots, halved lengthways



## *Directions*

1. Preheat the oven to 160 degrees C.
2. In a large mixing bowl combine the oats, coconut, cinnamon, seeds, nuts, salt and sugar. Mix.
3. In a small saucepan over medium heat whisk together the maple syrup and coconut oil until they become completely combined.
4. Add vanilla if you are using it and whisk again.
5. Remove from the heat and pour carefully over the granola mixture.
6. Stir well ensuring all ingredients are well coated in the maple mixture.
7. Spoon and flatten in to a baking tray (30cm x 22cm approx)
8. Bake in the oven for 20 minutes.
9. Turn the tray around 180 degrees and bake again for around 15 - 20 minutes but do not stir the granola.
10. Remove from oven and sprinkle the dried fruit over the top.
11. Leave to cool for at least 15 minutes. Do not stir the granola.
12. After 15 minutes using a spatula or large spoon break up the granola in to chunks.
13. Store in an airtight container in a cool place.

