

Cinnamon Crunch Granola

Ingredients:

5 cups old-fashioned oats
3 tbsp ground flaxseed/linseed
1/2 cup sunflower seeds
1/3 cup raisins
2 tsp ground cinnamon
2 tbsp coconut - optional
1/2 cup unsweetened applesauce
1 tsp vanilla essence
5 tbsp date sugar/4 tbsp maple syrup

Method:

Preheat the oven to 170°C. Line one extra large, or 2 small, baking trays with baking paper.

In a large mixing bowl, combine the oats, flax seeds, sunflower seeds, raisins, cinnamon and coconut (if using). Stir to combine.

In a medium mixing bowl, stir together the applesauce and sugar (or syrup), then pour this over the oat mixture. Mix well to ensure that the oats are evenly coated with the applesauce.

Spread mixture out over the baking tray(s) in an even layer. Bake for 15 minutes, then remove tray from the oven, and toss the mixture with a spatula to redistribute the ingredients. Return to the oven and bake for a further 10 minutes.

Important: it's important to make sure that the oats around the edges of the tray don't burn when cooking the granola. Keep an eye on it as it cooks, and remove the tray twice during baking to mix the oats if necessary. If you have a small oven, or are using small baking trays, toast the granola in 2 batches instead of one, to ensure that it cooks evenly.

Set aside to cool for 1 hour, during which time the oats will crisp up. Once cooled, transfer granola to a large container or glass jar, and store in the refrigerator.

(Recipe adapted slightly from [The Plant Plate](#) - with thanks to Emma Roche.)