

Ultimate no added sugar granola

Takes about 12 hours, serves 13 and uses 1 pot and 1 or 2 baking trays

INGREDIENTS

500g cooking apple, peeled, cored and chopped

1/2 teaspoon cinnamon

1/2 teaspoon vanilla extract

Juice of half a lemon

2 tablespoons water

About 300g jumbo rolled oats

About 300g mixed nuts and seeds

To serve:

My favourite way to serve this is topped with exotic fruits and yoghurt, take your pick!

DIRECTIONS

Preheat the oven to gas mark 2, 300°F, 149°C, 129°C Fan.

Place the apple in a saucepan with 2 tablespoons of water, the lemon juice, vanilla and lemon. Cover and bring to a simmer, then reduce the heat to low and cook for 15 minutes. Once completed, set aside to cool.

Take your nut selection and roughly chop.

Place the nuts, seeds, oats and apple sauce into a bowl together and mix thoroughly to coat everything. It might take a while to get the sauce around all the ingredients.

Spread the mixture out on a baking paper lined baking sheet (or two), so that it forms a layer about 5mm thick.

Place in the oven and cook for 1 hour, checking that it's not burning regularly and opening the oven door occasionally to let out some of the steam that will have been created.

After one hour, turn off the oven with the granola still in it and leave the door wide open for 15 minutes. Then remove the granola, close the door, re-heat the oven, put the granola back in and cook for a further 1 hour, again checking regularly.

Finally, turn off the oven, leaving the trays in it. Open the oven door slightly to help cool the oven and once it's back down to around room temperature, close the door and leave the trays there overnight.

The following morning, take the trays out of the oven and break the granola up, then store in airtight jars or storage containers.

