

Homemade granola with greek yoghurt & berries

(Serves 1)

Ingredients

Per serving

- 50g Granola, homemade (see recipe below)
- 1/2 x170g pot Yoghurt, Greek, 0% fat- Fage
- 80g Mixed berries

Granola recipe (Serves 12)

- 350g Porridge oats, Quaker
- 40g Oat bran
- 80g Mixed seeds (sunflower, sesame & pumpkin)
- 60g Nuts, chopped, mixed
- 20g Coconut, desiccated
- 5 tbsps Oil, Rapeseed (Canola)

Preparation

1. Pre-heat oven to 350°F/180°C/Gas Mark 4/ (160°Fan).
2. Put all ingredients into a large bowl & mix together.
3. Put mixture into a large deep rectangular tray.
4. Spread evenly.
5. Put in bottom shelf of oven for 15-20 minutes, taking care not to burn seeds.
6. Remove and leave to cool.
7. Store in an airtight container. (Will keep for up to 3 weeks.)

TOP TIP: You can mix any berries but one of my favourites is raspberries & blueberries. The tartness of the raspberries combine beautifully with the sweetness of the blueberries, the smooth velvet of the greek yoghurt & the crunch of the nuts & seeds in the granola. Heaven!

NUTRITIONAL VALUES

PER SERVING

Calories 346

Total Sugars 12.24g

Total Fats 15.55g

Saturated Fats 2.57g

Salt 0.12g

Fruit & Veg 1