



WHOLESOME HOMEMADE GRANOLA

Karma Lake of Menteith Head Chef Joe Peden returns this week with a protein-packed breakfast recipe that's healthy, wholesome, delicious – and easy to make at home!. Packed with energy-rich nuts and seeds and porridge oats (a Scottish staple!) and gently baked in the oven, this granola knocks the socks of all those pre-made 'luxury' granolas you see on supermarket shelves...

Ingredients:

- 300g porridge oats
- 60g sunflower seeds
- 60g pumpkin seeds
- 50g cashews
- 50g pecans
- 50g hazelnuts
- 70g coconut oil
- 250ml maple syrup
- 25ml water

Method:

- Mix all your ingredients in a big bowl.
- Add to big parchment lined tray.
- Bake at 170 degrees and stir every 20-30 mins.
- Bake until dry.

This will keep for up to a month in an airtight container. And you are going to have to hide that container so you don't eat it all at once! You can change up the seeds, nuts, add in dried fruits, coconut flakes whatever you like – but I can definitely vouch for this as a killer combo that hits the spot every morning!