

Granola (to be had as a snack with yoghurt)

2 cups jumbo oats

2 cups rolled oats

1 cup walnuts

half cup cashews

half cup almonds

third cup sunflower seeds

third cup safflower oil or virgin coconut oil

third cup Agave Nectar

pinch of salt

1 tablespoon good quality vanilla essence

Mix all ingredients in a bowl and then lay on baking sheet in oven and cook at 180 degrees for 25 mins turning every 5 minutes or so till golden brown.

Once cooled add half a cup of raisins and third cup of unsweetened coconut chips

