

## Dina's Granola Recipe

### Ingredients

250g flaked almonds  
150g unsweetened coconut flakes  
100g sunflower seeds  
100g pumpkin seeds  
2 tbsp chia seeds  
2 tsp ground cinnamon  
3 tbsp raw organic honey  
30g organic virgin coconut oil  
1 tbsp vanilla

### Method

Pre-heat oven to 160 degrees fan, 180C, line baking trays with parchment paper.  
Mix nuts and seeds in a big bowl. Add cinnamon and mix well  
Melt coconut oil, honey and vanilla over a very gentle heat in a pan,  
pour this mixture over the nuts and seeds and stir well.  
Spread mixture evenly on baking trays.  
Bake for 15 mins until golden, stirring occasionally - watch carefully as burns easily.  
Allow to cool, then place in an airtight container.