

Ingredients

- 150g golden syrup
- 30g extra virgin olive oil
- 1/2 tsp vanilla bean paste
- Flaky sea salt to taste
- 250g jumbo rolled oats
- 25g porridge oats
- 2 cereal bowls (1 litre) of mixed & roughly chopped:
 - Pecans
 - Walnuts
 - Brazil nuts
 - Hazelnuts
 - Pistachios
 - Almonds
- 1 cereal bowl (½ litre) of mixed:
 - Tart dried cranberries
 - Chopped dried dates
- 1 cereal bowl (1/2 litre) of mixed:
 - Sunflower seeds
 - Sesame seeds
 - Poppy seeds
 - Coconut flakes

Method

- 1. Preheat an oven to 140C Fan, and line two large baking trays with baking paper.
- 2. In a very large mixing bowl, use a rubber spatula to combine the syrup, oil, vanilla paste and salt. Thoroughly mix in both kinds of oats.
- 3. Mix through the nuts, then the seeds, then the fruit, and stir until everything is reasonably evenly combined.
- 4. Divide the mixture between the two trays, pressing it down into an even layer.
- 5. Bake for 30 minutes, or until well browned on top, swapping and turning halfway.
- 6. Leave to cool, then break up into clusters and store in an airtight container.

© 2019

Please don't reproduce novel content without permission.