Hannah's Power-packed High-Protein Granola Recipe!

Use a straight-sided mug or cup as a measure. The recipe is pretty flexible and you can substitute your own favourite nuts etc. This is the blend that has worked consistently well for me. Keep a stock of the ingredients and make up in batches are required. Buy organic whenever possible and don't stint on the quality of the vanilla essence. (With cheap vanilla you need twice as much to get any flavour.) Remember, the granola is concentrated so you don't need the same bulk as you'd use with shop-bought cereal. This is enough for about 8 portions. It's good with milk or soya milk, and also with apple juice.

Mix together in a large mixing bowl:

1 cup rolled oats

1 cup quinoa flakes

(OR 2 cups rolled oats)

½ cup of dessicated coconut

½ cup mixed seeds (sunflower, sesame, pumpkin, linseed)

¼ cup flaked almonds

¼ cup walnut pieces

In the mug:

Dissolve 1 level tablespoon muscovado sugar in ¼ cup hot water.

Add ¼ cup olive oil and ½ teaspoon vanilla essence.

Mix well and pour over your dry ingredients. Toss all together with a fork until the dry ingredients are coated.

In the oven:

Line a baking sheet with tin foil (you can re-use this for future batches). Spread the granola mix over the sheet and bake in the oven at 160 degrees for 25-30 minutes. Set your timer to go off at 4-5 minute intervals and each time, gently toss the mixture so it dries out and toasts evenly. If it's not quite done, just turn the oven off and leave it to finish as the oven cools.

Back in the mixing bowl:

Mix together:

2 tablespoons dried goji berries

2 tablespoons chopped apricots (or prunes or cranberries or sultanas)

When the granola is dry and crisp to the touch, pour back into the mixing bowl and toss with the fruit.

Cool completely and store in an air-tight container.

