

# Apple Crumble Granola

**FOR HEALTHIER BALANCE**

This apple crumble granola stands out from the store-bought varieties. It replaces some of the syrup or honey with apple, giving it a healthier twist. The blend of apple, cinnamon, and oats gives it a unique apple crumble flavour.



12 SERVINGS

40g PER SERVING



## INGREDIENTS

- 200g **rolled oats**
- 2 medium **apples**
- 200g **mixed nuts**
- 60g **mixed seeds** (e.g- pumpkin and sunflower)
- 1½ teaspoon **vanilla extract**
- 1 tablespoon **olive oil**
- 2 tablespoons **honey** (swap for maple syrup for vegan option)
- 1 tablespoon **cinnamon**

**Heads up:** Try it with our smoothie bowl recipes for a healthy, protein-packed breakfast or with some yogurt and fruit as a snack.



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*All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into a healthy, balanced diet during and after cancer treatment. However, it is essential to consult with your medical team for personalised advice tailored to your specific treatment pathway.*

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## METHOD

- 1)Pre-heat oven or air fryer to 160° c. Prepare air fryer tray or baking tin by covering in tin foil.
- 2)Peel and chop the apple and remove the core, put in a blender. Blend the apple.
- 3)Mix the oats with the blended apple well.
- 4)Add in the nuts and seeds and mix well.
- 5)Add in the vanilla extract, honey and olive oil and mix until it binds together.
- 6)Place into baking tin or air fryer tray. Press the mixture down onto the tray using the back of a spoon.

## NUTRITIONAL INFORMATION PER PORTION WITH GRANOLA WITH APPLE

**ENERGY:** 235 KCAL

**FATS:** 14.7g

**PROTEIN:** 7g

**CARBOHYDRATES:** 28g OF WHICH SUGAR 6.9g

**FIBRE:** 4.6g

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