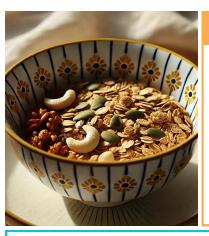
## **Apple Crumble Granola**



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.







### **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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12 SERVINGS

40a PER SERVING

#### **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 clive 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: 1**4.7g

PROTEIN: 7q

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

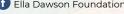
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