



## Barnsdale Lodge's Christmas Granola

"A version of this has become a favourite with breakfasters here at Barnsdale Lodge Hotel," says head chef

"So much so that people began asking to take some home - so we started selling it in packets."

Great Food picked some up recently. It's rich and packed with energy - perfect, in fact, for combating festive fatigue.

### Makes around 5 portions

- \* 150g porridge oats
- \* 25g sesame seeds
- \* 50g pecan nuts
- \* 25g sunflower seeds
- \* 25g desiccated coconut
- \* 25g flaked almonds
- \* 25g pumpkin seeds
- \* 50g walnut halves
- \* 50g dried apricots
- \* 50g dried cranberries
- \* 50g sultanas
- \* 100ml maple syrup
- \* 25ml vegetable oil
- \* 50ml honey

- 1** Mix non-fruit ingredients together.
- 2** Warm maple syrup, vegetable oil and honey together and mix with non-fruit ingredients.
- 3** Spread thinly on trays; bake for 10 minutes at Gas 1 (140C).
- 5** Cool, stir, and add dried fruit (chopped).
- 7** Serve with milk, or for a treat with Manor Farm's probiotic yoghurt topped with spiced fruit compote.
- 8** The granola will keep up to a month in a sealed container.

#### BARNSDALE LODGE HOTEL

The Avenue, Exton, Oakham, Rutland LE15 8AH, 01572 724678  
[www.barnsdalelodge.co.uk](http://www.barnsdalelodge.co.uk)