

Whakaipo Lodge Toasted Muesli (Granola)



Probably our most requested recipe. This delicious toasted muesli (granola) can be adapted for your personal tastes and any dietary restrictions.

(Thanks to Mrs Jean Burmeister of Morrinsville for her original recipe, which I have adapted.)

5 cups rolled oats	1 cup sesame seeds
1 cup sunflower seeds	1 cup slivered almonds or other nuts
1 cup dessicated coconut	1 cup skimmed milk powder (replace with coconut milk powder for dairy free option)
1 cup wheatgerm	1 cup bran flakes
1 orange (zest & juice)	1 cup honey
1/2 cup rice bran or canola oil	Dried cranberries, apricots, apples or sultanas

Preheat the oven to 150C. Mix together oats, seeds, nuts, dessicated coconut, milk powder, wheatgerm, bran flakes and orange zest in a large roasting dish and mix thoroughly. Heat and blend together (in microwave or on stove top) the honey, oil and orange juice. Pour the liquid over dry ingredients and mix well. Cook in pre-heated oven for 1 hour, stirring every 10 minutes, until toasted as desired. Once cool, add your preferred dried fruit and place in an airtight container. Serve with yoghurt and fresh fruit for a delicious start to your day.