



HONEY GRANOLA

Granola is like a slightly sweetened roasted muesli, which gives it a lot more crunch and chew, as well as some baked nuttiness. It's the honey that really brings this together: as well as being a preferable form of sweetener, it binds the ingredients to make fun clusters. Try blossom or heather honey for a proper taste of the British countryside in your breakfast bowl. Once you've made your own granola there's no going back to shop-bought.

Makes around 1kg

150 g honey
60 ml sunflower or groundnut oil
250 g rolled oats
100 g bran
150 g sunflower seeds
100 g hazelnuts
150 g dates
100 g dried apricots
100 g wheatgerm
100 g sultanas

1. Preheat the oven to 180C/350F/gas mark 4.
2. Pour the honey and oil into a pan and heat gently until the honey has melted.
3. In a bowl, mix the oats, bran and sunflower seeds, then pour on the liquid from the pan and mix well. Spread out on a big baking tray.
4. Roast for 20-25 minutes, turning everything three or four times, then leave to cool.
5. Meanwhile, roast the hazelnuts until they turn a golden brown (which takes about 10 minutes), then roughly chop, along with the dates and apricots.
6. When cool, mix everything together with the wheatgerm and sultanas. Store in an air-tight container; lasts for about a month.
7. They are best served the same day, although the unglazed madeleines will keep in an airtight container for a few days. They also freeze well.

