

More than 1 hour

Makes 20

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Ingredients:

Granola:

- 3 cups (375g) rolled oats
- 1½ cups (225g) mixed seeds (flax, pumpkin, sesame and sunflower seeds)
- ½ tsp (3ml) ground cinnamon
- 1 cup (250ml) dried fruit
- ¾ cup (180ml) honey

Cookies:

- 2 cups (500ml) granola (above)
- 1 cup (125g) wholewheat flour
- ⅓ cup (80ml) grated fresh coconut or desiccated coconut
- ½ tsp (3ml) ground cinnamon
- 1 packet (100g) dried fruit of choice (such as sliced Turkish apricots, raisins, sultanas or cranberries)
- 2 (about 180g) ripe bananas, mashed
- ⅓ cup (80ml) honey, warmed
- ¼ cup (60ml) canola oil (or mild-flavoured olive oil)
- 1 tsp (5ml) vanilla essence

Method

1. Preheat oven to 180°C and line three baking trays with baking paper.
2. For the granola, combine oats, seeds, cinnamon and dried fruit.
3. Heat honey and toss through dry ingredients, coating well.
4. Divide mixture between two trays and spread.
5. Bake for 20-30 minutes, tossing every 10 minutes for even browning.

6. Remove from oven and allow to cool completely. (You'll have 5½ cups.)
7. For the cookies, combine granola, flour, coconut, cinnamon and dried fruit.
8. Combine banana, honey, oil and vanilla essence.
9. Mix into dry ingredients, combining well.
10. Shape mixture into 4cm balls, place onto baking tray and flatten to 2cm thick.
11. Bake for 20-25 minutes until golden brown.
12. Cool completely on a wire rack (they crisp up on the outside once cooled).
13. Store in an airtight container for up to 1 month.

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