

Less than 1 hour

Makes 5½ cups

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Ingredients:

- 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

Method

**GOOD IDEA**

Add 1 cup (250ml) coconut flakes  
or ¼ cup (60ml) desiccated  
coconut to oats during the last  
5 minutes of baking.

1. Preheat oven to 180°C and line two baking trays with baking paper.
2. Combine oats, seeds, cinnamon and dried fruit.
3. Heat honey until runny and toss through dry ingredients, coating evenly.
4. Divide mixture between trays and spread.
5. Bake for 20-30 minutes, tossing every 10 minutes for even browning.
6. Remove from oven once golden and cool completely.
7. Store in an airtight jar for up to 1 month.

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