


<u>EQUIPMENT</u>	<u>INGREDIENTS</u>	
<p>Large bowl Baking tray Measuring cups Measuring spoons Wooden spoon Measuring jug</p>	<p>2 cups rolled oats <math>\frac{1}{2}</math> cup sunflower seeds or pumpkin seeds <math>\frac{1}{2}</math> cup shredded coconut <math>\frac{1}{2}</math> teaspoon cinnamon <math>\frac{1}{4}</math> teaspoon sea salt <math>\frac{1}{2}</math> teaspoon ground ginger 1 cup chopped dried fruit of choice (raisins, apricots) <math>\frac{1}{4}</math> cup honey <math>\frac{1}{4}</math> cup canola oil or coconut oil 1 teaspoon vanilla extract</p>	

## METHOD

1. Preheat oven to 165 degrees. Line making tray with paper.
2. Place all dry ingredients into a large bowl and stir thoroughly.
3. Measure honey and oil into a jug, add vanilla essence and stir.
4. Add wet mixture to dry mixture and stir with a wooden spoon to coat all the ingredients.
5. Transfer and spread mixture onto a lined baking tray and bake for about 18-20 minutes. Stir mixture half way through and keep an eye on the mixture to avoid over cooking.
6. Remove baking tray from oven and gently press with a wooden spoon so they stick together.
7. Let cool on baking tray and serve or store in an air tight container for up to 4 weeks.