

# How to make your own Granola!

Granola is a healthy breakfast cereal which is full of goodness. It's made up mainly from oats which are rich in fibre, and lots of seeds which are full of protein and help to give up low-blood pressure. It's very nutritious and it super easy to make!

Today we're making Breakfast Pots of granola, and you can take them home - it will be the perfect start to your weekend.

All you need is:

- Glass Jars from recycling bags (ask a member of staff to wash first)
- Baking tray lined with baking paper
- Wooden spoon and large bowl
- Set the oven to 170 degrees temperature

Ingredients:

- 5 handfuls of Oats
- 5 tbl spoons of Honey
- 4 handfuls of Seed Mix
- 3 handfuls of Dates (ask a member of staff to chop these up)
- 3 lots of Egg white to bind the oats together into clusters
- A splash of oil



**Method:**  
Mix it all up into a bowl and bake for 15-20 mins



