



Almond blueberry granola

Serves: 4

Preparation time: 10 to 20 minutes, depending on the amount.

Cooking time: 5 to 10 minutes, depending on the amount.

Cooking temperature: 180 ° Celsius / 350 ° Fahrenheit / 4 gas mark

Ingredients

Olive oil spray		
Oats, raw	½ cup	80g
Mixed nuts, unsalted, toasted and roughly chopped	½ cup	75g
Milk, fat free	1½ cups	375ml
Mixed summer berries	1½ cups	280g
Yoghurt, Greek, fat free, to serve	1 cup	250ml

Cooking instructions

- Spray a baking sheet lightly with the olive oil spray. Mix the oats and nuts in a bowl, then spread the mixture out on the prepared baking sheet.
- Bake in a preheated oven at 180° C for 5 to 10 minutes.
- Remove from the oven and mix well.
- Return to the oven and bake for a further 3 to 4 minutes until lightly toasted. Leave the granola mixture to cool.
- Divide the granola between four serving bowls and pour over the milk. Add the berries and serve with Greek yoghurt.