

COLDPRESSED

# the Good Oil



50% LESS SATURATED FAT THAN OLIVE OIL

IDEAL FOR FRYING, ROASTING, DRESSING AND BAKING

GROWN AND PRESSED IN NEW ZEALAND

## Jess MacLennan's Salted Peanut Butter Granola

### Ingredients:

- 1/3 cup smooth peanut butter (I use Pics or Fix & Fogg)
- 1/4 cup maple syrup (or honey)
- 3-4 Tbsp The Good Oil
- 1/2 tsp iodised salt
- 3 cup wholegrain oats
- 1 cup almonds (roughly chopped)
- 1/2 cup cashews (roughly chopped)
- 1/3 cup pumpkin seeds
- 1/2 cup dried apricots, sliced
- 4-5 dried figs, sliced (or dates if your prefer)

### Preparation:

Pre-heat oven to bake 180 C. Line a large baking tray with baking paper.

In a small pot warm The Good Oil, peanut butter, maple syrup and salt for a few minutes until melted together.

Place oats, almonds, cashews & seeds in a mixing bowl then add the peanut butter mixture. Toss until well combined.

Spread evenly onto the baking tray and bake for 15-20 minutes, tossing it halfway through cooking. Keep an eye on it because it can burn easily.

Remove from the oven and stir through the dried fruit. Allow to cool and store in an airtight container for up to 2 weeks.

### Tips:

I serve mine with some thick natural yoghurt or on top of a smoothie for some crunch.