

Granola

Improved Jumbo Oat Granola (UK Edition)

Based on the [Cookie & Kate template](#) with technical enhancements for Flahavan's Jumbo Oats and UK Fan-Assisted ovens.

[Healthy Homemade Granola Recipe](#) This video demonstrates the specific mixing and baking techniques mentioned in the Cookie and Kate recipe, including how to achieve the right consistency before putting it in the oven.

Ingredients

- **Dry Base:** 340g (approx. 4 cups) Flahavan's Organic Jumbo Oats
- **Nuts/Seeds:** 150g raw nuts (pecans or walnuts work beautifully with jumbo oats)
 - [[Pecans]] - 60g (High fat, buttery)
 - [[Walnuts]] - 60g (Omega-3, earthy)
 - [[Pumpkin Seeds]] - 30g (Mineral dense, textural contrast)
- **Salt:** 1 tsp fine sea salt (crucial for flavor balance)
- **Spice:** ½ tsp ground cinnamon
- **Oil:** 120ml (½ cup) melted coconut oil or extra-virgin olive oil
- **Sweetener:** 120ml (½ cup) maple syrup or honey
- **Flavor:** 1 tsp vanilla extract
- **Post-Bake:** 100g dried fruit (add ONLY after cooling)

Directions

1. **Preheat and Prep**
 - Heat your oven to **150°C (Fan)** or 170°C (Conventional).
 - Line a large, rimmed baking sheet with parchment paper.
2. **Mix Dry & Wet**
 - In a large bowl, combine
 - the jumbo oats 340g
 - Nuts ~150g
 - Salt 1 tsp
 - Ground Cinnamon. Half tsp
 - In a measuring jug, whisk together until emulsified.
 - the oil 120ml (½ cup) melted coconut oil or extra-virgin olive oil
 - maple syrup 120ml (½ cup) maple syrup or honey
 - vanilla 1 tsp vanilla extract
 - Pour the liquid over the oats and stir thoroughly until every flake is glistening.
3. **The "Pack Down" (For Clusters)**
 - Pour the mixture onto the prepared pan.

- Use a spatula to spread it out, then **press down firmly** to create a compact layer. This helps the jumbo oats "glue" together into chunks.

4. **The Gentle Bake**

- Bake for **20–25 minutes**.
- **Crucial Tech Tip:** Do not stir mid-way if you want large clusters. If you prefer loose granola, stir once at the 12-minute mark.
- Remove when the granola smells toasted and looks **pale golden**. It will feel soft while hot but will crisp up significantly as it cools.

5. **Cooling & Finishing**

- Let the granola cool **completely** on the pan (at least 45 minutes).
- Once cold, break it into chunks by hand.
- Stir in your **dried fruit** now.

6. **Storage**

- Store in an airtight glass jar. It stays fresh for up to 3 weeks.

Granola BAR (x12)

Option 2: Nutritious Granola Bar Variation

To turn this into bars, we must increase the "structural integrity" of the jumbo oats.

Additional Step/Ingredients for Bars:

- **The Binder Upgrade:** Add **2 tbsp of nut butter** (peanut or almond) to the wet ingredients and increase the sweetener to **150ml**.
- **The "Glue":** Finely chop 50g of the dried fruit (dates or raisins) and mix them *into* the oats before baking to act as internal adhesive.

Directions for Bars:

1. **Prep:** Use a smaller, deeper square baking tin (approx 20cm x 20cm) lined with parchment paper.
2. **Compress:** Pack the mixture into the tin extremely firmly. Use the bottom of a heavy glass to press it until it is perfectly flat and dense.
3. **Bake:** Bake at **150°C (Fan)** for **30–35 minutes**.
4. **The Critical Chill:** Do **not** try to cut them while warm. Once they reach room temperature, put the whole tin in the fridge for 2 hours.
5. **Slicing:** Lift the block out using the parchment paper and slice with a sharp serrated knife.

Nutrition Info

Nutrition Information (Estimated)

Values are approximate per serving based on standard UK ingredient data.

Option 1: Classic Clusters (per 50g serving)

- **Calories:** 245 kcal
- **Protein:** 5g
- **Healthy Fats:** 16g (High in Omega-3 from Walnuts/Pecans)
- **Carbohydrates:** 22g (Fiber: 4g, Sugars: 9g)

Option 2: Granola Bars (per bar - recipe makes 12)

- **Calories:** 310 kcal
- **Protein:** 7g
- **Healthy Fats:** 19g
- **Carbohydrates:** 28g (Fiber: 5g, Sugars: 12g)
- *Note: Bars are more calorie-dense due to the additional nut butter and sweetener required for structural binding*

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- **Nutritional Density:**
 - The **Classic Clusters** are lighter because they rely on a thinner coating of syrup and oil.
 - The **Granola Bars** have higher protein and fat content because the nut butter acts as a "structural resin." This makes the bars an excellent sustained-energy snack for physical activity.
 - **Fiber and Satiety:**
 - Both versions are high in beta-glucan fiber from the Flahavan's Jumbo Oats, which is known to help maintain healthy cholesterol levels.

Granola (x6)

Small Batch Jumbo Oat Granola Bars (Makes 6)

A halved version of the reinforced recipe, optimized for structural integrity and nutritional density.

Ingredients

- ☐ • Base: 170g (approx. 2 cups) Flahavan's Organic Jumbo Oats
- ☐ • Nut/Seed Mix (75g total):
 - ☐ • 30g Pecans (chopped)
 - ☐ • 30g Walnuts (chopped)
 - ☐ • 15g Pumpkin seeds
- Binding Agents:
 - ☐ • 60ml (4 tbsp) Maple syrup or Honey
 - ☐ • 60ml (4 tbsp) Melted coconut oil
 - ☐ • 1 large tbsp Smooth nut butter (Almond or Peanut)
 - ☐ • Seasoning: ½ tsp sea salt & ¼ tsp cinnamon
 - ☐ • Adhesive Filler: 25g raisins or dates (finely chopped)

Directions

1. Preparation

- Preheat oven to 150°C (Fan).
- Line a small rectangular container or loaf tin (approx. 20cm x 10cm) with parchment paper, leaving an overhang.

2. Combine

- Mix oats, nuts, seeds, salt, cinnamon, and chopped fruit in a bowl.
- Whisk the syrup, oil, and nut butter until smooth; pour over the dry mix and stir until every jumbo oat is coated.

3. The Compression (Crucial Step)

- Transfer to the tin. Press down with maximum force using a heavy glass or the back of a large metal spoon. The flatter and denser it is, the less it will crumble.

4. Baking

- Bake for 25–30 minutes until the edges are a deep golden brown.

5. The Set

- Allow to cool to room temperature, then refrigerate for at least 2 hours before lifting out by the

parchment and slicing into 6 bars.

Nutrition (Per Bar)

- Calories: ~310 kcal
- Protein: 7g
- Fibre: 5g

Zoe

Cinnamon Pecan Granola

5-10g **10**
FIBRE PLANTS

This granola makes a brilliant breakfast with kefir and fruit, but it's also a useful base for other recipes, like crumble. Packed with nuts, it's great for your blood sugar response, and the oat bran is an easy win for getting more fibre into your diet. Don't move the pan after it comes out of the oven to ensure you get big, delicious clusters.

Method

1. Preheat the oven to 150°C/130°C fan/300°F/gas 2 and line a 32x22cm baking tray with baking parchment.
2. In a large bowl, mix together the dry ingredients. In a separate jug or bowl, whisk together the almond butter, olive oil and honey until combined. Add to the dry mixture and mix until everything is thoroughly coated.
3. Spread the granola mix out onto the baking tray, pressing it into a single flat layer. Bake for 45 minutes, or until golden and crisp, checking halfway and turning if necessary to ensure it browns evenly.
4. When ready, remove from the oven and allow to cool completely in the baking tray – this is really important to allow the granola to set and break into chunky pieces. Store in an airtight container for 2-3 weeks.

Preparation time: 10 minutes
Cook time: 45 minutes

Ingredients (Makes 10 portions)

60g flaked almonds
100g pecan nuts, roughly chopped
120g oat bran
85g mixed seeds
40g coconut flakes
2 tbsp chia seeds
2 tbsp ground flaxseed
2 tsp ground cinnamon
Pinch of salt
1 tbsp almond butter
100ml olive oil
4 tbsp honey

Swaps

Any nut butter for almond
Any nuts for pecan nuts





Combined

Master Batch: Jumbo Oat Granola Cereal & Bars (Inline Guide)

A single-session preparation workflow that splits one master mixture to yield both classic crunchy cereal clusters and exactly 6 dense granola bars.

Equipment Needed

- 1 large mixing bowl
- 1 liquid measuring jug
- 1 large, rimmed baking sheet (for the cereal)
- 1 small rectangular tin or loaf tin (approx. 20cm x 10cm, for the bars)
- Parchment paper for lining both tins

Step-by-Step Combined Workflow

Phase 1: The Master Mix

1. Preheat the Oven

- Set your oven to 150°C (Fan) or 170°C (Conventional).
- Line both your large baking sheet (for cereal) and your small loaf tin (for bars) with parchment paper.

2. Measure and Combine the Master Dry Base

- In your largest mixing bowl, combine the following dry ingredients:
- 510g Kavanagh's Organic Jumbo Porridge Oats
- 90g Pecans (roughly chopped)
- 90g Walnuts (roughly chopped)
- 45g Pumpkin Seeds
- 1 ½ tsp fine sea salt
- ¾ tsp ground cinnamon
- Stir these dry ingredients thoroughly to ensure the nuts, seeds, and spices are evenly distributed throughout the jumbo oats.

3. Whisk the Master Wet Binder

- In your liquid measuring jug, measure and whisk together the following wet ingredients until they form a smooth, uniform emulsion:
- 180ml Extra Virgin Olive Oil
- 180ml Maple syrup or honey
- 1 ½ tsp vanilla extract

4. Merge Wet and Dry

- Pour the whisked wet binder (180ml olive oil, 180ml syrup, 1 ½ tsp vanilla) directly over your bowl of dry ingredients.
- Stir continuously for 2 to 3 minutes, ensuring every single jumbo oat flake and nut piece is thoroughly coated and glistening.

Phase 2: The 2:1 Split and Customization

1. Divide the Batch

- Visually divide the glossy oat mixture in your bowl into three equal parts.

2. Prep Tray 1: The Cereal (2/3 of the Mix)

- Transfer approximately two-thirds of the mixture (about 600g) onto your large, lined baking sheet.
- Spread it out into an even layer, then use a spatula to press the mixture down firmly. Packing it tightly on the tray helps create those desirable large cereal clusters.

3. Upgrade Tray 2: The Bars (Remaining 1/3 of the Mix)

- Keep the remaining one-third of the mixture in your mixing bowl.
- Add the following bar-binding ingredients directly into the bowl:
- 1 large tbsp Smooth nut butter (Almond or Peanut)
- 25g Raisins or dates (very finely chopped to act as structural glue)
- Stir vigorously until the nut butter is completely integrated and the mixture becomes noticeably stickier and heavier.
- Transfer this sticky bar mixture into your lined small rectangular loaf tin.
- Compress with force: Use the flat bottom of a heavy drinking glass to pack the mixture down as tightly as physically possible. It must be a flat, solid, compressed block to prevent crumbling later.

Phase 3: The Parallel Bake

1. Enter the Oven

- Place both trays in the preheated oven at the exact same time.
- Position the large cereal baking sheet on the middle shelf and the smaller bar tin on the lower shelf to balance the heat.

2. Timer 1 (22 Minutes) - Remove the Cereal

- At the 22-minute mark, check the large cereal tray. The oats should be a light, pale golden color.
- Remove the cereal tray from the oven and set it on a cooling rack.

- Crucial Tip: Do not stir the hot granola if you want large chunks. Let it sit completely undisturbed.

3. Timer 2 (32 Minutes) - Remove the Bars

- Leave the smaller bar tin in the oven for an additional 10 minutes (making a total bake time of 32 minutes).
- The edges of the compressed bar block should look a deep, rich golden brown.
- Remove the tin from the oven and let it cool completely to room temperature on your counter.

Phase 4: Cooling, Setting, and Slicing

1. Finish the Cereal

- Once the baked cereal is completely cold to the touch (at least 45 minutes), break the sheet of oats gently by hand into chunky clusters.
- Toss in the final post-bake ingredient:
- 100g Dried fruit of choice (such as cranberries, raisins, or chopped apricots)
- Transfer the finished granola cereal into an airtight glass jar for storage.

2. Set the Bars (The Critical Step)

- Once the bar tin has cooled fully to room temperature, place the entire tin directly into the fridge.
- Let it chill undisturbed for a minimum of 2 to 3 hours. This allows the extra virgin olive oil and warm sugars to fully solidify into a firm structural matrix.

3. Slice the Bars

- Lift the solid, chilled block out of the tin using the overhanging parchment paper.
- Place it on a cutting board and use a sharp, heavy serrated bread knife to slice the block into 6 clean, uniform bars.
- Store the finished bars in an airtight container inside the fridge to keep them firm and chewy.