



### **Slow roasted apple and rosehip granola**

2 cups thick cut rolled oats

2 cups instant rolled oats

4 tbsp rosehip powder

3/4 cup sunflower seeds

3/4 cup flaxseeds

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6 tbsp rapeseed oil

6 tbsp apple syrup

3/4 tsp sea salt

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2 handfuls (150 g) of hazelnuts

1 handful of dried apples

- 1) Preheat the oven to 85° C (185° F) and line a baking tray with parchment paper.
- 2) Mix all dry ingredients in a large bowl. In another bowl whisk together oil, apple syrup and sea salt.
- 3) Combine the dry and wet ingredients and mix well with your hands or a wooden spoon to coat everything.
- 4) Spread the granola mixture evenly over the baking tray. Pop into the oven and roast for about 4 hours. Just give it a good stir a couple of times during that time.
- 5) Add hazelnuts and dried apples and roast for 1 more hour. This ensures that the hazelnuts won't get too dry, and when adding dried fruit towards the end you'll get that slightly chewy and caramelized fruit texture.
- 6) Switch off the heat and leave the baking tray in the oven to dry completely while the oven cools.
- 7) When completely cool, store in an airtight jar for up to a month.