**Crunchy granola (A)**

 <http://www.bbc.co.uk/food/recipes/maple_pecan_and_40192>

This is a great recipe for crunchy muesli with lots of goodness mixed in

**Ingredients**

* 125ml/4fl oz [maple syrup](http://www.bbc.co.uk/food/maple_syrup) or HONEY
* 25g/1oz [caster sugar](http://www.bbc.co.uk/food/caster_sugar)
* 25ml/1fl oz [sunflower oil](http://www.bbc.co.uk/food/sunflower_oil)
* ½ tsp [vanilla extract](http://www.bbc.co.uk/food/vanilla_extract)
* 500g/1lb 2oz jumbo rolled [oats](http://www.bbc.co.uk/food/oats)
* 175g/6oz mixed seeds (like pumpkin, sunflower, sesame or linseeds)
* 150g/5oz [pecans](http://www.bbc.co.uk/food/pecan_nut) (or walnuts)
* 50g/2oz whole [almonds](http://www.bbc.co.uk/food/almond)
* 25g/1oz [flaked almonds](http://www.bbc.co.uk/food/flaked_almonds)
* 75g/2¾oz [desiccated coconut](http://www.bbc.co.uk/food/dessicated_coconut)
* pinch of [salt](http://www.bbc.co.uk/food/salt) (optional)
* 2 tsp [cinnamon](http://www.bbc.co.uk/food/cinnamon) (optional)
* 150g/5½oz dried [cranberries](http://www.bbc.co.uk/food/cranberry)
* Greaseproof paper

**Preparation method**

* 1. Preheat the oven to 170C/325F/Gas 3. Line two large roasting trays with parchment paper and set aside.
	2. Put the maple syrup, sugar, oil and vanilla extract into a large bowl and mix well. Then toss in the oats, mixed seeds, pecans (or walnuts), whole almonds, flaked almonds, coconut and salt and cinnamon (if using). Give it a good stir and then get your hands in, picking it up and letting it fall down to coat and moisten everything really well.
	3. Pour the mixture onto the roasting trays and spread it out evenly. Bake in the oven for about 15 minutes, giving it a good stir and swapping them about on their shelves half way through.
	4. The granola should be golden-brown when cooked. Remove and leave to cool completely before stirring the cranberries through. Store in an airtight container for up to a month

Please feel free to ad lib here, with substitutions such as honey for maple syrup, raisins, apricots or dried apples for the dried cranberries and cashews for the whole almonds.

**Swiss style muesli (B)**

 <http://www.channel4.com/4food/recipes/chefs/hugh-fearnley-whittingstall/swiss-style-muesli>

"If you've never eaten muesli the Swiss way - soaked in freshly squeezed orange juice and dished up with grated apple and yoghurt - then you've never really given it a chance. It makes a much more exciting breakfast than muesli with just a slosh of milk."

Makes about 12 servings

**Ingredients**

* 200g porridge oats
* 150g mixed dried fruit of your choice, such as raisins, sultanas, dried apricots, dates, prunes
* 100g [nuts](http://www.channel4.com/4food/recipes/popular-ingredients/nuts) of your choice, lightly toasted if you have time PECANS
* 100g wheat flakes (optional)
* 3-4 tbsp seeds, such as pumpkin, sunflower, sesame or flax (optional)

**To serve (for 1)**

* 1 crisp eating [apple](http://www.channel4.com/4food/recipes/popular-ingredients/apple)
* [Juice](http://www.channel4.com/4food/recipes/drinks/juices) orange
* Sugar or honey (optional)
* Plain yoghurt

**METHOD**

**How to make Swiss style muesli**

**1.** To make the muesli, put the oats in a bowl. Roughly chop larger dried fruits, such as apricots, dates and prunes. Leave the nuts whole, or chop them roughly if you prefer. Add the fruit and nuts to the oats, together with the wheat flakes and seeds if using, and stir to combine. Tip into an airtight container, seal and store in a cool, dark place until required.

**2.** For a serving of muesli, put about 50g of the muesli mix into a bowl. Coarsely grate or finely chop the apple (including the skin) and add this to the muesli. Squeeze the orange(s) and add the juice to the bowl (or use milk, if you like). Stir to blend everything evenly and leave to soak for about 10 minutes. Finally, sprinkle over just a little sugar or trickle over some honey, add a good dollop of yoghurt and serve.

**Simple muesli (c)**

 <http://www.bbcgoodfood.com/recipes/5126/sevencup-muesli>

A good simple recipe for a very healthy start to your day.

**Ingredients**

* 3 cups oats
* 1 cup mixed nuts including macadamia if possible (100g of macademia plus others)
* ½ cup sesame seeds (100g)
* ½ cup sunflower seeds (100g)
* ½ cup raisins (50g)
* ½ cup dried cranberries (50g)
* 1 cup dried ready-to-eat apricots, chopped (100g)

**To serve**

* soya or semi-skimmed milk
* chopped fresh seasonal fruit, such as pears, banana, pineapple, papya, passion fruit and grapes (1 pear, 1 banana)

**Method**

1.Tip the oats into a large airtight container and add the nuts, seeds, raisins and cranberries. Stir in the apricots.

2.To serve, spoon a portion into a bowl, pour over the milk and top with chopped fresh fruit.

*If you like this recipe, why don’t you try to use different fruits instead? Which will be your favourite?*

**Bircher Museli. (D)**

<http://www.mueslilover.com/2010/02/recipe-jamie-olivers-bircher-muesli-or.html>

A number of blogs and forums rave about Jamie’s recipe from his [*The Return of the Naked Chef*](http://www.jamieoliver.com/books/return-naked-chef-book) cookbook, so here goes:

**Ingredients (makes around 4-7 portions)**
8 large handfuls of organic rolled oats
2 large handfuls of ground bran
1 handful of chopped dried apricots
1 handful of chopped dried dates
1 handful of crumbled walnuts
1 handful of smashed or shopped almonds, hazelnuts or brazil nuts
milk (or soya/almond/oat milk) to cover
1/2 crunchy apple per portion, washed and unpeeled

Put oats and bran into a large Tupperware with apricots, dates and any other soft fruit (I added dried cranberries). Add the walnuts, almonds, any other nuts and seeds. This mixture will keep for up to two months in an airtight container.

The night before you want to eat your pukkolla, put two portions of the oat mixture into a bowl and cover with the milk, grate in half an apple per person and stir immediately to keep apple from discolouring. I’ve also read in forums about people adding nutmeg and cinnamon at this stage. Place in the fridge overnight.

When you’re ready to eat it, slice or mash half a banana per person, stir into the soggy oats and add honey to taste. Serve with a dollop of yogurt and some fresh mixed berries