

## Granola with apple and cardamom

### Ingredients:

7-8 dl oats  
2 dl chopped hazelnuts  
1 dl sunflower seeds  
1 dl pumpkin seeds  
0,5 dl whole flax seeds  
1,5 tablespoon honey  
1 teaspoon cinnamon  
1 teaspoon cardamom  
1 dl concentrated applejuice  
1 dl water  
3 tablespoon rapeseed oil  
1 dl roasted coconutflakes  
1 dl cranbarries

### How to make:

Set the oven to 150 degrees  
Put the dry ingredients in a bowl (except for the coconutflakes and the cranberries).  
Stir the juice, water and oil together.  
Mix it together with the dry ingredients and spread it out on a baking tray  
Roast in the oven for 30 min.  
Stir for every five minutes for smooth roasting.  
Let it be cool.  
Mix the granola with the coconutflakes and cranberries and keep it in a closable box.

