



CAMPFIRE
Chronicles

Recipe Sheet

Breakfast Cranola

4 cups organic rolled oats
2 tablespoons palm sugar
1 tablespoon wattle seeds
1/4 cup extra virgin olive oil
1/2 cup honey
1/2 cup organic apple juice
1 cup chopped almonds
1 cup shredded coconut
1/2 cup cranberries
1/2 cup organic raisins
1 cup dried figs sliced

- 1/. In a bowl mix oats with palm sugar and wattle seeds.
- 2/. Pour in honey, olive oil and apple juice and mix with fingers
- 3/. Spread on baking tray or base of Bedourie oven, sprinkle over coconut and almond
- 4/. Bake at 180 for 15-20 minutes until brown, stirring a couple of times
- 5/. Pour into mixing bowl and when cool mix in cranberries, raisins and figs
- 6/. To serve, place in a bowl and pour over milk, soy milk, fruit juice or yoghurt.

