



The Happy Carrot

Small Steps. Whole-Life Change.

June Happy Carrot Journal Recipe

Moroseta Granola

Ingredients

250g rolled oats
250g mixed nuts and seeds (pumpkin, sunflower, sesame, chia, flaxseed, almonds, walnuts etc.)
80g mild honey
100g water
30g cane sugar
50g olive oil
50g raisins
50g cranberries
30g chopped figs
1 tbsp fennel seeds
1 tsp cinnamon
1 tsp ground ginger
½ tsp salt

Method

1. Preheat your oven to 140°C and line a large baking tray with parchment paper.
2. In a large mixing bowl, combine the oats, nuts, seeds, salt, cinnamon and ground ginger. Stir thoroughly to combine.
3. In a saucepan, gently heat the honey, water, olive oil and cane sugar. Bring to a gentle simmer, stirring until combined.
4. Pour the liquid mixture over the dry ingredients and mix well until evenly coated.
5. Spread the granola evenly over the prepared baking tray.
6. Bake for 30–40 minutes, stirring halfway through cooking.
7. The granola should be lightly golden. Allow it to cool completely before stirring through the raisins, cranberries and chopped figs.
8. Store in an airtight container and enjoy as a nourishing breakfast or snack.

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