

Honey and nut spelt breakfast crunch



Served with yogurt and seasonal fruit this is a healthier breakfast alternative which can also be served as a dessert and sprinkled over ice cream or poached fruit.

Serves 20 portions | **Prep** 10 minutes | **Cook** 20 minutes

Ingredients

300g mixed shelled nuts (whole almonds, hazelnuts, walnuts and pecans)
200g spelt flakes or jumbo oats
100g mixed whole seeds (sesame, sunflower, pumpkin, flax seeds)
50g coconut flakes
50ml rapeseed oil
75ml Welsh honey
2 tablespoons light tahini paste
1 teaspoon ground cinnamon
1 teaspoon vanilla extract
finely grated zest of 1 orange

To serve

200g fresh raspberries or seasonal fruit
200-250g Welsh natural yogurt or low-fat natural yogurt

Method

- 01** Preheat the oven to 170°C/Gas 3.
- 02** Very roughly chop the nuts so that they stay in chunky pieces.
- 03** Mix the oats, nuts, seeds and coconut together in a mixing bowl.
- 04** Warm the oil, honey or maple syrup, tahini paste, cinnamon, vanilla extract and orange zest together in a small pan, stirring over a low heat until smooth.
- 05** Add the dry ingredients and mix together well.
- 06** Spread the mixture evenly in a thin layer over a large baking tray lined with non-stick baking paper and bake for 15-20 minutes, lifting and turning the mixture over halfway through cooking, taking care not to break up the lumps.
- 07** Remove from the oven and leave untouched until completely cold. Store in an airtight container. Serve with natural yogurt and seasonal fruit.