

# Sunshine Granola

**Serves:** 15  
**Prep:** 10 mins  
**Cook:** 20 mins



**Dietary:** EF, NF, VEG

**Allergens:** Dairy, Wheat

**Age group:** 12 months+

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# Sunshine Granola

## Ingredients

- 3 cups (330g) wholegrain rolled oats
- ½ cup (75g) sunflower seeds
- ½ cup (75g) pepitas (pumpkin seeds)
- ¼ cup (45g) chia seeds
- 2 tsp (4g) ground cinnamon
- Zest of 1 large orange
- ⅓ cup (80ml) melted coconut oil
- ⅓ cup (80ml) maple syrup
- 1 tsp (5ml) vanilla extract
- ½ cup (50g) shredded coconut, add after baking
- ½ cup (35g) dried fruit (chopped apricots, cranberries, or sultanas) - optional, add after baking
  
- Milk or natural or Greek yoghurt, to serve with.

## Method

1. Preheat oven to 160°C (fan-forced). Line a large baking tray with baking paper.
2. In a big mixing bowl, combine oats, sunflower seeds, pepitas, chia seeds, coconut, cinnamon, and orange zest.
3. In a small jug, whisk together oil, syrup, and vanilla. Pour over the dry mix and stir until evenly coated.
4. Spread mixture onto the tray in an even layer.
5. Bake for 20 mins, stirring halfway, until golden and crisp.
6. Allow to cool completely, then stir through shredded coconut and dried fruit and any extra sunshine boosters.
7. Store in an airtight container for up to 1 week.

**Serving suggestion:** Serve with milk or yoghurt and top with fresh seasonal fruit of choice.

**Storing Leftovers:** Store in an airtight container in the pantry for up to 2 weeks or freeze for up to 4 months.

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## Tips

- ✓ **Allergies:** For a gluten-free version: Swap oats with quinoa flakes. For a dairy-free version: Swap milk or yoghurt for calcium fortified dairy-free alternatives such as soy, oat or coconut milk and yoghurt.
- ✓ **Easy ingredient swaps:** Swap seeds for seeds of choice. Swap orange zest for mandarin zest. Swap maple syrup for honey.
- ✓ **For selective eaters:** Involve children in preparing. Children can measure out and add ingredients to the mixing bowl and take turns stirring. At breakfast time, provide opportunities for children to prepare their breakfast bowl themselves. Support children in pouring their cereal and topping with milk, yoghurt and fruit at their own pace.