

GRANOLA MUESLI

by Albert Holzhey

Ingredients:

150g oat flakes

50g soya flakes

50g ground almonds

50g chopped
hazelnut

1 teaspoon cinnamon

2 tablespoons
coconut oil

1 tablespoon honey

Strawberries

Blueberries

Raspberries

Cranberries

Preparation:

Mix the oat flakes, soya flakes, almonds and hazelnut in a bowl. Stir in the cinnamon. Now heat the coconut oil with the honey in a pan. **Caution:** Only use medium heat because the muesli can burn quickly. Pour the oatmeal-nut mix into the pan. Roast the seeds for 5 minutes while stirring. Turn the heat down and mix the cranberries with your crunchy cereal. Roast them for a minute. Take the pan away from the stove. Let the mix rest and cool down. While it cools down, put some strawberries, blueberries and raspberries into a glass. Put yogurt on top of the fruits. Add the granola to the yogurt and enjoy 😊

Alternatively:

You can buy more fruit, make a smoothie and mix it into the yogurt.

