

HOMEMADE MUESLI



HOMEMADE MUESLI

20

SERVES

40'

TIME



DIFFICULTY



ALLERGENS

INGREDIENTS

MUESLI:

- 250gr of oats
 - 80gr almonds
 - 80gr of cashews
 - 80gr of walnuts
 - 25gr sunflower or pumpkin seeds
 - 10gr of goji berries
 - 30gr of coconut flakes
 - 65gr of agave syrup
 - 40gr of honey
 - 2tbsp of coconut oil
 - cinnamon to taste
 - 1tsp vanilla extract
-
- 150gr of yogurt of choice: soy, coconut, regular...

Versatile, easy and all time favorite Muesli! Prepare a big badge so that you can enjoy it with your yogurt, smoothie or even snack it when you are hungry!

1. Preheat oven to 165 degrees and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil, syrup and/or honey and vanilla.
4. Mix well, until every oat and nut is lightly coated. Pour the muesli onto your prepared pan and use a large spoon to spread it in an even layer.
5. Bake until lightly golden, about 21 to 24 minutes, stirring halfway
6. 5 minutes before it's done, add the coconut flakes and the goji berries into the mix
7. The muesli will further crisp up as it cools
8. Let the muesli cool completely, undisturbed (at least 45 minutes).

YOGURT WITH MUESLI

1. Mix 150gr of your favorite yogurt: soy, coconut, almond... or in your smoothie bowl
2. add 1/4 cup of muesli and some freshly cut berries