



Crunchy berry muesli



Ingredients

200g coarse oat flakes
200g fine oat flakes
150g almonds with skin,
coarsely chopped
80g flaked almonds
120g sunflower seeds
100g maple syrup
3 tbsp almond oil (or
sunflower oil)
1 pinch salt
1 vanilla pod, scraped
1 pinch cinnamon powder
200g dried berries
100g dried cherries

Preparing

Mix the oat flakes, almonds and sunflower seeds. Stir the maple syrup, almond oil and spices together and mix into the oat-flake mixture. Lay onto two baking sheets covered in baking paper and dry for one hour on the Hot Air setting at 120 °C. Add the dried fruits, mix and dry for another 30 minutes. Stored in an airtight container, the muesli will stay crunchy and fresh for around four weeks.

Anrichten

Cooking level

After preheating

1½ hours | Hot Air 120 °C