

Homemade Granola

Prep time



5 mins

Cooking time



20 mins

Serves



4

Nutrition Information per serving

Protein 14g

Carbohydrates 69.4g

Fats 30.1g

Energy 599kcal

We need

180g Rolled Oats

10g Cacao Nibs

40g Honey

1 Pinch of Salt

20g Flex Seeds

20g Sunflower Seeds

50g Almond Flakes

½ tsp Cinnamon

1 Handful of Dried Cranberry

50ml Extra Virgin Coconut Oil

12 Scoops [ENERCAL PLUS®](#) Milk Powder + 400ml water

Step by step

1. Coat rolled oats, cacao nibs, almond flakes & chia seeds with honey and salt.
2. Bake at 130 degrees Celcius for 20 mins.
3. Chill and coat with virgin coconut oil and serve.
4. Serve with 1 serving of [ENERCAL PLUS®](#).