Homemade Granola

Prep time
Cooking time
Serves

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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**®.