

# Homemade Granola

## RECIPE

**PREP: 5 MINS**

**COOKING: 20 MINS**

**PORTION(S): 4**

## Ingredients

- 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

## Nutrition count

- Protein : 14g
- Carbohydrates : 69.4g
- Fats : 30.1g
- Energy : 599kcal

## Step by step

Coat rolled oats, cacao nibs, almond flakes & chia seeds with honey and salt.

Bake at 130 degrees Celcius for 20 mins.

Chill and coat with virgin coconut oil and serve.

Serve with 1 serving of ENERCAL PLUS.