



MEGA MUSELI

Try this hearty museli recipe to kick start your day.

 15 minutes

 30 minutes

 20 portions

INGREDIENTS

- 2 cups of oats (312 g)
- 1 bag of nuts, mixed (200 g) - finely chop
- 100 grams of pumpkin seeds
- 100 grams of sunflower seeds
- 50 grams of seeds, chia seeds, dried
- 2 tbsps, whole of seeds, flaxseed (21 g)
- 100 grams of coconut, desiccated
- 100 grams of banana, raw - mashed
- 2 tablespoons of oil, coconut (22 g)
- 50 grams of water, distilled
- 5 grams of spices, cinnamon, ground

COOKING METHOD

- ¹ Preheat oven to 150 degrees Celsius. Combine all of the ingredients together. Spread the ingredients into an oven tray. Place the tray into the oven and mix the ingredients with a spatula every 5 minutes. Cook for about 30 minutes, until lightly brown. Cool and store in air tight container.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (53 g)	% DRI
ENERGY	450 kcal	239 kcal	12 %
FAT	30 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	10 g	5 g	27 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	8 mg	4 mg	0 %
CARBOHYDRATE	31 g	16 g	5 %
SUGARS	3 g	2 g	—
FIBER	6 g	3 g	12 %
PROTEIN	15 g	8 g	—