



MUESLI

STEP 1

INGREDIENTS

FLOMIX	g 350
SUNFLOWER SEEDS	g 125
PUMPKIN SEEDS	g 125
OATS	g 125
	g 275

PREPARATION

Combine all the ingredients and place the mixture in moulds or pie tins of the desired diameter. Bake at 180-190°C for 7-10 minutes. Leave to cool and decorate to taste with chocolate.