



MUESLI WITH SULTANAS

STEP 1

INGREDIENTS

FLOMIX	g 350
SUNFLOWER SEEDS	g 100
PUMPKIN SEEDS	g 100
OATS	g 100
	g 150
GRANELLA DI NOCCIOLA	g 100
RAISINS	g 100

PREPARATION

Combine all the ingredients and place the mixture in moulds or pie tins of the desired diameter or spread out on a baking tin with oven resistant paper. Bake at 180-190°C for 7-10 minutes. Leave to cool and decorate to taste with chocolate.