

Crispy granola with rolled oats and walnut



 40-50 min.  231 kcal
 SteviaSweet Granulated

Preparation

Preheat the oven to 150 °C.

Chop the walnuts into smaller pieces. Mix the oatmeal, oatbran, seeds, nuts, SteviaSweet Granulated and spices in a bowl. Add the rapeseed oil and spread on a baking tray. Roast for 30 - 40 minutes mixing every now and then.

Leave to cool down and keep in a tin with a lid.

Ingredients for 1 liter

90 g	oatmeal
60 g	oatbran
65 g	sunflower seeds
65 g	pumpkin seeds
200 ml	walnuts
6 tbsp	SteviaSweet Granulated
1 tbsp	cinnamon
1 tsp	ginger
1 tsp	ground vanilla
100 ml	rapeseed oil

Nutritional information per portion

231	kcal
970	kJ
6	g Protein
11	g Carbohydrates
17.5	g Fat