

# - Fruity Granola -

breakfast > Fruity Granola



serves **3** and ready in about **45** minutes

## Shopping LIST:

**100g** oat flakes, **35g** muesli, **30g** pumpkin seeds, **25g** sunflower seeds, **20g** linseeds; **3tbsp** maple syrup, **1tbsp** olive oil; **25g** goji berries; juice of  $\frac{1}{2}$  orange. **240g** Greek-style natural yogurt, **6** strawberries, grape berries.

## Method:

- Preheat the oven to **150°C** fan.
- To make the *granola*, put **100g** oat flakes and **35g** muesli in a bowl. Stir in **30g** pumpkin seeds, **25g** sunflower seeds and **20g** linseeds, then **3 tbsp** maple syrup and **1 tbsp** olive oil. Mix all well.
- Tip the granola into a tray/pan for oven, then spread into an even layer. Bake for **30** minutes, or until golden brown all over, stirring every **10** minutes.
- Mix **25g** goji berries with the hot granola, the leave to cool.
- When ready to serve, spoon the granola into three bowls. Moisten each bowl with juice of  $\frac{1}{2}$  orange.
- For a bowl, spoon **80g** Greek-style natural yogurt, top with **2** sliced strawberries, grape berries and sprinkle with the remaining granola.



"bon appétit"

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