



# MUESLI

## STEP 1

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### 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.