



SEEDS AND RED FRUITS

GRANOLA RECIPE

INGREDIENTS



pumpkin seeds
225 g



flax seeds
75 g



oat flakes
300 g



lyophilized raspberries
40 g



lyophilized strawberries
400 g



hazelnuts
100 g



rice syrup
100 g

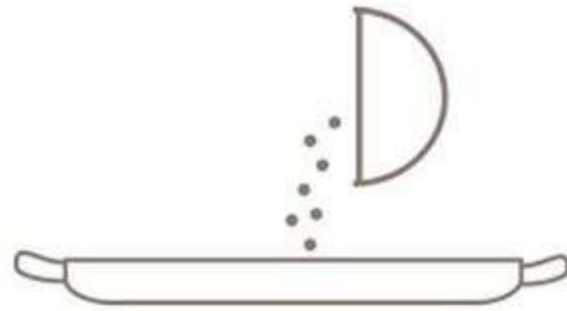


dried cranberries
100 g



powdered cinnamon
3 g

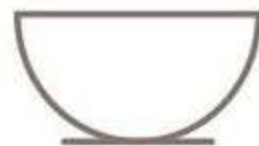
PREPARATION



Mix all the ingredients well and place them on a baking tray (without the red fruits)



Bake at 160°C for 15 minutes,
stirring every 5 minutes
so that it cooks homogeneously
and gets a loopy texture



Once out of the oven, mix with the rest
of the ingredients and leave to cool