



Ingredients 5 Portions ✓ = Kotányi Produkte

For the crumble

300 g Rolled oats

2 tbsp. Linseed, crushed

40 g Linseed

4 tbsp. Chia seeds

1 Handful of pecan nuts,

roughly chopped

4 Medium-sized carrots,

grated

2 tbsp. Coconut oil

50 ml Maple syrup

900 ml Almond milk

1 tbsp. / Cinnamon, Ground

1 tsp.

◆ Bourbon Vanilla Sugar

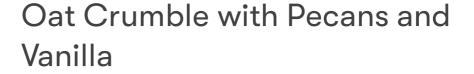
0.5 tsp. / Cardamom, Ground

1 pinch 🕴 Sea Salt, Coarse

For the topping

1 Handful of pecan nuts, roughly chopped

4 tbsp. Maple syrup



Preparation

- 1 Preheat the oven to 190 °C (356 °F).
- 2 To make the crumble: Combine all the ingredients in a bowl and spread over a medium-sized baking dish. Bake the crumble for 30 minutes at 190 °C (374 °F) using the conventional oven setting. Leave to cool and cut into rectangular pieces.
- 3 Topping: Mix all the ingredients apart from the sea salt in a bowl, place on a baking tray lined with baking parchment and sprinkle with sea salt. Bake for 15 minutes at 190 °C (374 °F) using the conventional oven setting and leave to cool.
- 4 Finally, sprinkle the topping over the crumble, serve with yogurt and enjoy.

