

Power Muesli with a Coconut and Cinnamon Topping

15–20 Min

Ingredients 4 Portions

= Kotányi Produkte

100 g	Rolled oats
1 tbsp.	Hazelnuts, ground
1 tbsp.	Coconut flakes
250 ml	Milk
1 tbsp.	Honey
1 tbsp.	Chia seeds
1 piece	Apple
1 piece	Banana
100 g	Grapes
1 tsp.	Cinnamon, Ground

Preparation

1. In a bowl, mix the rolled oats, chia seeds and coconut flakes with the milk, honey and cinnamon.
2. Wash the apple and grate roughly with the skin on. Slice the bananas. Wash the grapes and cut them in half.
3. Combine everything with the rolled oat mixture.
4. Allow to infuse for two hours and enjoy.