

Oat Crumble with Pecans and Vanilla

30—40 Min

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
1 pinch	Sea Salt, Coarse

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.