



## Ingredients 4 Portions

🖊 = Kotányi Produkte

100 g Rolled oats

Hazelnuts, ground 1 tbsp.

Coconut flakes 1 tbsp.

250 ml Milk

1 tbsp. Honey

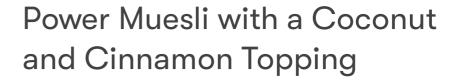
1 tbsp. Chia seeds

Apple 1 piece

1 piece Banana

100 g Grapes

1 tsp. ◆ Cinnamon, Ground







## Preparation

- In a bowl, mix the rolled oats, chia seeds and coconut flakes with the milk, honey and cinnamon.
- 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.
- Allow to infuse for two hours and enjoy.

