



# Power Muesli with a Coconut and Cinnamon Topping

🕒 15—20 Min   

## 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.

## 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 |

