



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

