Rachel Scrivin
Dietitian · DT7744

MEGA MUSELI

Try this hearty museli recipe to kick start your day.

15 minutes
30 minutes
20 portions

INGREDIENTS

- 2 cups of oats (312 g)
- 1 bag of nuts, mixed (200 g) - finely chop
- 100 grams of pumpkin seeds
- 100 grams of sunflower seeds
- 50 grams of seeds, chia seeds, dried
- 2 tbsps, whole of seeds, flaxseed (21 g)
- 100 grams of coconut, desiccated
- 100 grams of banana, raw - mashed
- 2 tablespoons of oil, coconut (22 g)
- 50 grams of water, distilled
- 5 grams of spices, cinnamon, ground

COOKING METHOD

1º Preheat oven to 150 degrees Celsius. Combine all of the ingredients together. Spread the ingredients into an oven tray. Place the tray into the oven and mix the ingredients with a spatula every 5 minutes. Cook for about 30 minutes, until lightly brown. Cool and store in air tight container.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (53 g)	% DRI
ENERGY	450 kcal	239 kcal	12 %
FAT	30 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	10 g	5 g	27 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	8 mg	4 mg	0 %
CARBOHYDRATE	31 g	16 g	5 %
SUGARS	3 g	2 g	–
FIBER	6 g	3 g	12 %
PROTEIN	15 g	8 g	–