



European Pedagogics and Nutrition

Crunchy Granola



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Aspekt żywieniowy

- ▶ Granola is a great choice for breakfast and a snack.
- ▶ You can take it in a box to school.
- ▶ It is a treasury of B vitamins, dietary fiber and carbohydrates that give you energy!



Crunchy Granola

Ingredients

- ▶ 4 cups oat flakes
- ▶ 1/2 glass of coconut
- ▶ 3/4 glass of almonds or other nuts (may be Italian, peanut, hazelnut)
- ▶ 1/2 glass of wheat bran
- ▶ 3-4 tablespoons of honey
- ▶ 1/4 glass of oil

Preparation of the dish

Combine the first four ingredients in one bowl. In a mug, combine honey with oil, then pour slowly into the remaining ingredients, stirring intensively. Lay out the whole plate to a height of 2 cm. Bake in the oven at 180 degrees for 20 minutes, stirring occasionally, then reduce the temperature to 130-140 degrees and bake for another 20 minutes. Serve with milk or yogurt and fruit

