

Home-Made Muesli

Servings: 4

Prep Time: 5min

Cook Time: 25min



Ingredients

- 175 g butter
- Just less than half a cup of honey
- 150 g seed mix (pumpkin seeds, linseeds, sesame seeds)
- 250 g oat

Directions

1. Heat the oven to 180 °C. On the stove, melt the butter and mix in the honey.
2. Place the oats and seeds in a mixing bowl and add the buttery honey.
3. Mix with your hands until the oats are coated.
4. Place on a baking tray and bake for 15 min.
5. Remove, stir well to ensure the oats aren't burning, and then bake for another 10 min.

Tips

Remove from the oven after 25 min. and then immediately transfer the muesli to a cold baking tray so that it can cool without picking up any excess heat from the first baking tray. Once cooled, place in an airtight jar.