



Oatmeal Granola

„KiKoMo“



Ingredients: for two people



- ½ cup of tender oatmeal
- 1 cup of your favourite berries (from spring until summer, e.g. blackberries, blueberries, strawberries, currants)
- 1 tablespoon of linseed
- 1 bunch of your favourite nuts or seeds (walnuts, hazelnuts, pumpkin seeds, sunflower seeds)
- 2 cup of oat drink



Utis: knife, apple cutter, cutting board, two measuring cups, teaspoon, tablespoon, bowl, whisk, frying pan, spatula

Tip:

→ If you like your granola to be a little bit sweeter, you can add a few raisins or chopped dried apricots.

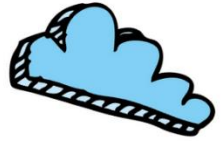


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Ein Projekt von TISCHLEIN DECK DICH e.V.





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Preparation:

1. Put all ingredients except from oat drink in a bowl and mix it properly.
2. Mix with oat milk and enjoy.

Sustainability tip:

→ All ingredients can be bought seasonally and regionally from Germany, therefore they can be combined into an environmentally friendly and delicious meal. You can also look at the seasonal calendar for berries to know which and when fruits are best to add to your granola.



Enjoy your meal!

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www.kikomo-karlsruhe.de

