

MILK & OATS RECIPE

Apple Oat Hearts

Ingredients for 1 serving:

1 Apple pureed
35g Rolled Oats
50ml milk

Preparation:

1. Mix the apple, oats and milk. Add cinnamon and a vanilla (from a vanilla bean). Place the mixture into a baking form.
2. Bake in a preheated oven at 180⁰ C for 35 minutes.



ALMONDS & SEEDS RECIPE

Mandelade muffins

Ingredients for 1 serving

30 g almonds
20 g sunflower seeds
1 apple
Cinnamon

Preparation:

1. Soak the almonds and sunflower seeds overnight.
2. In the morning set a few seeds aside to eat first before eating your muffin.
3. Crush the almonds and sunflower seeds with a hand pounder.
4. Grate an apple finely and mix with the seeds.
5. Fill muffin cups with the mixture and place in a 200⁰ C oven and bake for 15 minutes.
6. Let them cool and then sprinkle them with a bit of cinnamon.
7. Eat your apple muffins with an espresso or your favourite tea.

