

Crispy granola with rolled oats and walnut



 40-50 min.  231 kcal
 SteviaSweet Crystal

Preparation

Preheat the oven to 150 °C.

Chop the walnuts into smaller pieces. Mix the oatmeal, oatbran, seeds, nuts, [SteviaSweet Crystal](#) and spices in a bowl. Add the rapeseed oil and spread on a baking tray. Roast for 30-40 minutes mixing every now and then. Leave to cool down and keep in a tin with a lid.

Ingredients for 1 liter

90 g	oatmeal
60 g	oatbran
65 g	sunflower seeds
65 g	pumpkin seeds
110 g	walnuts
20 g	SteviaSweet Crystal
1 tbsp	cinnamon
1 tsp	ginger
1 tsp	ground vanilla
100 ml	rapeseed oil

Nutritional information per portion

231	kcal
970	kJ
6	Protein in g
11	Carbohydrates in g
17.5	Fat in g