



# MUESLI

## STEP 1

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### INGREDIENTS

FLOMIX	g 350
SUNFLOWER SEEDS	g 125
PUMPKIN SEEDS	g 125
OATS	g 125
	g 275

### PREPARATION

Combine all the ingredients and place the mixture in moulds or pie tins of the desired diameter. Bake at 180-190°C for 7-10 minutes. Leave to cool and decorate to taste with chocolate.