



VITAL MUESLI WITH AMARANTH



QimiQ BENEFITS

- Creamy consistency
- Binds with fluid - no separation of ingredients
- Enhances the natural taste of added ingredients



15



easy

INGREDIENTS FOR 4 PORTIONS

125 g	QimiQ Classic, unchilled
120 g	Oat flakes
60 g	Amaranth
40 g	Linseeds
40 g	Walnuts, coarsely chopped
40 g	Almonds, coarsely chopped
120 g	Apple(s), grated
250 ml	Apple juice
2 small pinch(es)	Cinnamon
1 package	Vanilla sugar
40 g	Powdered sugar
250 g	Natural yoghurt
1	Lemon(s), juice and finely grated zest
50 g	Raisins
1	Banana(s), peeled
100 g	Strawberries, quartered
1	Orange(s), peeled

METHOD

1. Lightly roast the oat flakes, amaranth, linseed, walnuts and almonds without fat in a frying pan. Place into a bowl and allow to cool.
2. Add the grated apples. Pour the apple juice over the mixture.
3. Whisk the unchilled QimiQ Classic smooth. Add the amaranth-mixture and the remaining ingredients and mix well.
4. Fill the muesli into glasses or bowls. Decorate as desired and serve.