



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 10 PORTIONS

| | |
|--------------------------|--|
| 350 g | QimiQ Classic, room temperature |
| 300 g | Oat flakes |
| 150 g | Amaranth |
| 100 g | Linseeds |
| 100 g | Walnuts, coarsely chopped |
| 100 g | Almonds, coarsely chopped |
| 300 g | Apple(s), grated |
| 650 ml | Apple juice |
| 4 small pinch(es) | Cinnamon |
| 20 g | Vanilla sugar |
| 100 g | Powdered sugar |
| 600 g | Natural yogurt |
| 1 | Lemon(s), juice and finely grated zest |
| 120 g | Raisins |
| 3 | Banana(s), peeled |
| 300 g | Strawberries, quartered |
| 3 | 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 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.