

Vegan Muesli



2.3:1 ratio

- **Preparation time:** 5 minutes
- **Cooking time:** 2 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	41.1g	
Protein	12.7g	
Carbohydrate	5g	
Energy (calories)	440kcal	



Enhancing Lives Together

Vegan Muesli

Ingredients	Quantity	Your recipe
Sunflower seeds, toasted	10g	
Coconut oil	12g	
Sweetener e.g. Sukrin Gold	2g	
Cinnamon, ground	1g	
Soya flakes	20g	
Macadamia nuts, chopped	13g	
Walnuts, kernels, chopped	15g	
Water	5g	

Method:

1. Place a thick bottom pan on a medium heat.
2. Add the coconut oil to the pan to melt then stir in the sweetener, cinnamon and water.
3. Add the soya flakes to the pan and stir until all the liquid is absorbed and remove from the heat.
4. In a bowl, mix the remaining ingredients together.
5. Add the soya flakes to the bowl, stir well and serve.



Always check with your dietitian what is suitable for you

- Serve with unsweetened coconut yoghurt or unsweetened almond cream.



This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.