

Recipe Name: Homemade Granola Mix Recipe with Oats & Wheat Flakes

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Instant Oats (Oatmeal)	4
• 1/2 cup Wheat Flakes (Cereal)	
• 3 tablespoon Pine nuts	
• 3 tablespoons Pumpkin seeds	
• 3 tablespoon Dates - (dried ones) finely chopped	
• 3 tablespoon Dried raspberries	
• 3 tablespoons Raisins - (sultana)	
• 3 tablespoon Badam (Almond)	
• 3 tablespoon Walnuts	
• 1/2 teaspoon Cinnamon Powder (Dalchini)	
• 1/2 teaspoon Nutmeg powder	
• 1/2 tablespoon Vanilla Extract	
• 1/2 teaspoon Sunflower Oil	
• 1 tablespoon Honey	

Preparation

- To begin making the Homemade Granola Mix Recipe with Oats & Wheat Flakes, heat a wok or a heavy bottomed pan over medium heat and gently roast the oats until they turn crisp and lightly golden.
- Once roasted, remove from the pan and keep aside.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
170	4	30	8	3	5