

# Granola

Cuisine: **Other**Food category: **Breakfast**Author: **Chloé Lasseron**Company: **Retigo**

## Program steps

Preheating: **185 °C**

1	Hot air	100 %	Termination by time	00:15 hh:mm	180 °C	100 %	
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## Ingredients - number of portions - 5

Name	Value	Unit
oat flakes	700	g
almond flakes	200	g
pecan	100	g
walnuts	100	g
olive oil	225	ml
maple sirup	200	ml
dried fruit	150	g
salt	2	g

## Directions

Spread parchment paper on a large baking sheet.

In a large bowl, mix the oatmeal, nuts, olive oil, and maple syrup.

Mix well, then spread the granola onto the parchment paper, ensuring it is evenly distributed.

Allow to cool completely before sprinkling with dried fruits.

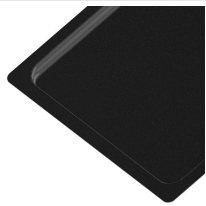
## Nutrition and allergens

Allergens: 8

Minerals: Ca, Cu, F, Fe, I, K, Mg, Mn, Na, Se, Zn

Vitamins: A, B, C, E

Nutritional value of one portion	Value
Energy	463.9 kJ
Carbohydrate	24.2 g
Fat	33.5 g
Protein	11.8 g
Water	0 g



Vision Bake