

heute gibt es...

Schoko-Knusper-Granola



Zutaten: (für ca. 750g)

- 100g Zerbitterschokolade
- 125g brown sugar
- 125ml Wasser
- 50ml Sonnenblumenöl
- 3 THE Ahornsirup
- 500g fine oatmeal
- 50g Dinkel (gepufft)
- 50g Kokosraspel
- 50g Mandelblättchen
- 3EL Kakaopulver
- 1/2 TL Zimt
- 1 Prise jobs Meersalz

Preparation:

1. Preheat oven to 175 ° C (fan) Preheat.
2. Chop chocolate finely and set aside.
3. Boil the sugar with the water in a saucepan, stirring constantly, until the sugar has completely dissolved. The pot then remove from heat.
4. Oil, maple syrup and chopped chocolate and cook stir until the chocolate has completely dissolved.
5. The remaining ingredients then mix in a bowl, add the chocolate syrup mixture and mix well.
6. Now a baking sheet is - best to take if any one with a higher edge - lined with parchment paper, so some paper overlap the edges.
Spread the mixture evenly in the finished baking sheet and bake on the middle rack at 160 ° (fan oven) for 30-40 minutes.
Important: For the granola dries uniformly, you should take every 10 minutes, the sheet just out of the oven and stir.
7. Once your granola is dry and crispy, remove from the oven and leave to cool in the baking tray. Then store in an airtight sealed container.