

Carrot Cake Granola with Power-Applesauce-Yoghurt

1 serving (2 cups)

🕒 40 minutes

● ● ● level of difficulty

Ingredients

2 carrots (~ 300 g carrots)

50 g hazelnuts

100 g pumpkin seeds

330 g rolled oats (mixture)

½ tsp cinnamon

50 g coconut oil

90 g nut butter

50 g datepaste

To serve:

applesauce

plain yoghurt

spermidineLIFE® Boost+

Preparation

Clean the carrots, cut them into small pieces and cook them in boiling water until soft. Puree the cooked carrots with a hand blender. Roughly chop the hazelnuts and pumpkin seeds and place in a bowl. Add the oat flakes and cinnamon and mix together. Melt the coconut oil and mix with the nut puree, date paste and carrot puree. Add all the ingredients together and mix.

Pour the granola mixture onto a baking tray lined with baking paper and bake in a preheated oven at 170° C (hot air oven) for 20 minutes until golden brown and crispy. Remove the granola from the oven and leave it to cool.

To serve, simply stir **spermidineLIFE® Boost+** into the yoghurt or applesauce.

