



Homemade cereal

20'
Hands on

10'
Cook Time

200 g
Portion(s)

1
Difficulty



Ingredients

- 30 g milk
- 1 egg, medium
- 60 g agave syrup
- 80 g [homemade peanut butter](#)
- 1 g vanilla powder
- 200 g almond, powder
- 30 g cocoa powder
- 1/2 teaspoon(s) salt

To serve

- milk
- 1 tablespoon(s) chia seeds, optional

Διατροφικός πίνακας

Nutrition information per 100 gr.

479 Calories (kcal)	36.0 Total Fat (g)	5.5 Saturated Fat (g)	16.0 Total Carbs (g)
24%	51%	28%	6%
12.0 Sugars (g)	18.0 Protein (g)	9.0 Fibre (g)	0.77 Sodium (g)
13%	36%	36%	13%

Method

- Preheat oven to 180* C (350* F) Fan.
- In a mixer's bowl, beat the milk, egg, agave syrup, peanut butter and vanilla on medium speed, using the whisk attachment.
- In a separate bowl, combine the almond powder, cocoa powder and salt.
- Add mixture to mixer's bowl and beat on medium speed until completely incorporated.
- Remove mixer's bowl from stand and shape mixture into small balls the size of a pea.
- Spread them out in [baking pans](#) lined with parchment paper, making sure to leave enough space between them.
- Bake for 5 minutes. Remove from oven and roll balls over so they can bake on the bottom side also.
- Bake for another 5 minutes and remove from oven.
- Allow cereal to cool.
- You can serve with any type of milk you like. You can also combine the almond milk with the chia seeds, divide into 4 serving bowls and refrigerated for 20-30 minutes.
- Serve with cereal.

Tip

You can try them with low-fat milk. You can preserve them for 5 days, at room temperature, in a well-sealed bowl.