

Homemade

Cereal

Recipes

*Vegan cereal not only
for vegans*

VEGASWEETS

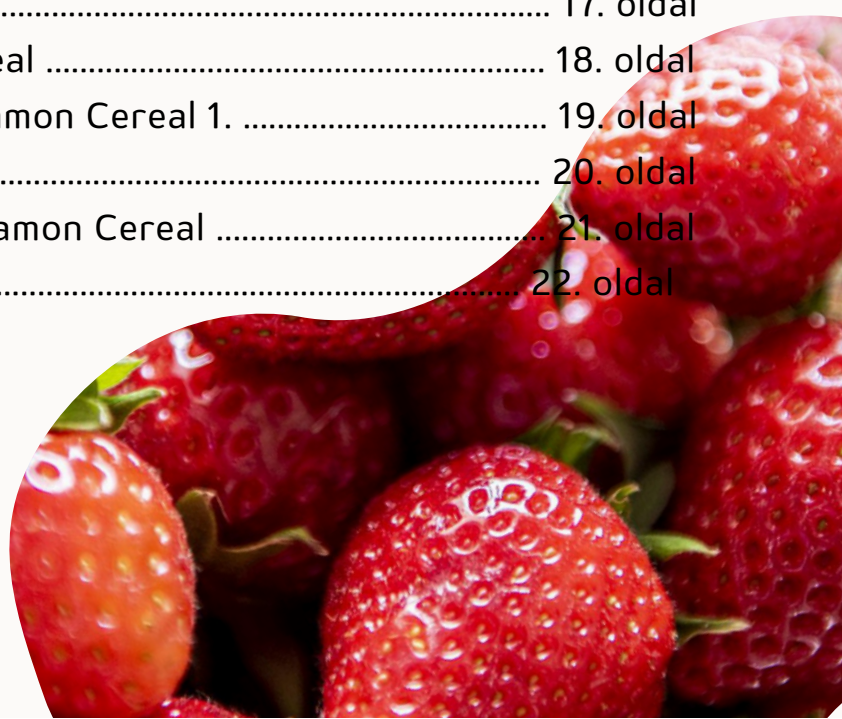
by Anyác



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by Anyác

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Basic Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Oat-flakes
Date mass

*This muesli is not
only delicious, but
also healthy!*


Preparation:

In a 3-liter bowl mix the oat-flakes and the other seeds together. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Raspberry Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Oat-flakes
Date mass
Dried raspberry

*Everyone in my family
loves raspberries!*


Preparation:

In a 3-liter bowl, mix the oatmeal and the other seeds together. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it in the pan. Bake at 200 degrees until golden brown. The baking time is about 15 - 20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it in the pan from time to time until it cools down so that it does not get steamy and remains "squishy". When it has cooled down, mix in the dried raspberries, then put it in a sealable jar.

Baking time: 15 - 20 minutes

Baking temperature: 200 degrees

Oven: Fan





Strawberry Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Oat-flakes
Date mass
Dried strawberries

Did you know that strawberries are rich in vitamins, especially vitamin C!

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled down, mix in the dried strawberries, then put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Banana Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Oat-flakes
Date mass
Dried banana

*Banana helps maintain
the strength and
elasticity of the skin!*

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, mix in the dried banana, then put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan



Dark Chocolate Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Oat-flakes
Date mass
150 g 70% dark chocolate

Chocolate is good for many things. BUT the best thing about it is that it is DELICIOUS!

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. While it cools, cut the dark chocolate into small pieces with a knife. When it has cooled, mix in the dark chocolate pieces, then put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Ace Combo

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Oat-flakes
Date mass
150 g 70% dark chocolate
Dried raspberry

*I can say little more
delicious than this
combination!*

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. While it cools, cut the dark chocolate into small pieces with a knife. When it has cooled, mix in the dark chocolate pieces and dried raspberries, then put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Almond Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Almond
Oat-flakes
Date mass

Did you know that almonds are considered one of the healthiest nuts?

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. You can use almond flakes from the store or follow my version. I usually cut whole almonds on a cutting board with a knife at home. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Raspberry-Almond Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Almond
Oat-flakes
Date mass
Dried raspberry

*Yummi, Yummi.....
I can't say anything
else!*

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. You can use almond flakes from the store or follow my version. I usually cut whole almonds on a cutting board with a knife at home. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled down, mix in the dried raspberries, then put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Strawberry-Almond Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Almond
Oat-flakes
Date mass
Dried strawberries

*It's a vitamin and
mineral bomb!*

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. You can use almond flakes from the store or follow my version. I usually cut whole almonds on a cutting board with a knife at home. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled down, mix in the dried strawberries, then put it in a sealable jar.

Baking time: 15-20 minutes
Baking temperature: 200C°
Oven: Fan





Banana-Almond Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Almond
Oat-flakes
Date mass
Dried banana

*Rich in potassium!
Potassium is important
for the good
functioning of cells!*

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. You can use almond flakes from the store or follow my version. I usually cut whole almonds on a cutting board with a knife at home. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled down, mix in the dried banana, then put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Coconut-Almond Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Coconut flakes
Sesame
Almond
Oat-flakes
Date mass

*Coconut is antiviral
and bactericidal and
helps kill parasites
too!*

Preparation:

In a 3-liter bowl, mix the oat-flakes and the seeds and coconut flakes together. You can use almond flakes from the store or follow my version. I usually cut whole almonds on a cutting board at home. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200 degrees until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





G. A. R. Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Coconut flakes
Sesame
Almond
Oat-flakes
Raisins
Date mass

*This will make you
accelerate like a
Ferrari*

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds, coconut flakes and raisins together. You can use almond flakes from the store or follow my version. I usually cut whole almonds on a cutting board at home. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200 degrees until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Mom's favorite

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Oat-flakes
Cinnamon
Date mass

Cinnamon is my mom's favorite spice. If you could, you would add it to every meal

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. Then add cinnamon to your taste. I usually add about 1 flat tablespoon. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it in the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan



Cinnamon-Banana Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Oat-flakes
Cinnamon
Date mass
Dried banana

*Bananas contain a lot
of vitamins A, B, C
and E!*

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. Then add cinnamon to your taste. I usually add about 1 flat tablespoon. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, mix in the dried banana, then put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Cinnamon-Almond Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Sesame
Oat-flakes
Almond
Cinnamon
Date mass

*Did you know that
cinnamon removes acne
and blemishes?*


Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds together. You can use almond flakes from the store or follow my version. I usually cut up whole almonds on a cutting board at home. Then add cinnamon to your taste. I usually add about 1 flat tablespoon. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Cinnamon-Coconut- Almond Cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Coconut flakes
Sesame
Almond
Oat-flakes
Cinnamon
Date mass

*Cinnamon has a very
good effect on blood
sugar regulation!*

Preparation:

In a 3-liter bowl, mix the oat-flakes and the other seeds and coconut flakes together. The almonds can also be sliced, available in stores, at home I usually cut them up on a cutting board. Then add cinnamon to taste. I usually add about 1 non-bumpy tablespoon. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it in the baking tray. Bake at 200C° until golden brown. The baking time is about 15 - 20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it in the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, put it in a sealable jar.

Baking time: 15 - 20 minutes

Baking temperature: 200C°

Oven: Fan





Cinnamon - Almond - Coconut - Raisin cereal 1.

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Shredded coconut
Sesame
Almond
Oat-flakes
Cinnamon
Raisins
Date mass

*When I make this,
my family always
thinks I'm baking
cookies!*

Preparation:

In a 3-liter bowl, mix the oat-flakes, other seeds, coconut flakes and raisins together. You can use almond flakes from the store or follow my version. I usually cut up whole almonds on a cutting board at home. Then add cinnamon to your taste. I usually add about 1 flat tablespoon. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Anyac favorite

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Shredded coconut
Sesame
Almond
Oat-flakes
Cinnamon
Raisins
Date mass

This is my personal favorite

Preparation:

In a 3-liter bowl, mix the oat-flakes, the other seeds, and shredded coconut. You can use almond flakes from the store or follow my version. I usually cut up whole almonds on a cutting board at home. Then add cinnamon to your taste. I usually add about 1 flat tablespoon. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled down, mix in the raisins and put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Cinnamon - Almond - Coconut - Banana cereal

Ingredients:

Linseed
Buckwheat
Sunflower seeds
Shredded coconut
Sesame
Almond
Oat-flakes
Cinnamon
Date mass
Dried banana

*Did you know that
cinnamon removes acne
and blemishes?*

Preparation:

In a 3-liter bowl, mix the oat-flakes, the other seeds, and shredded coconut. You can use almond flakes from the store or follow my version. I usually cut up whole almonds on a cutting board at home. Then add cinnamon to your taste. I usually add about 1 flat tablespoon. Dilute the date mass with water so that it can be mixed with the seeds. After mixing, put it on the baking tray. Bake at 200C° until golden brown. The baking time is about 15-20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it on the tray from time to time until it cools down so that it does not get steamy and remains dry. When it has cooled, mix in the dried banana, then put it in a sealable jar.

Baking time: 15-20 minutes

Baking temperature: 200C°

Oven: Fan





Muesli consumption tips

Many people consume their breakfast muesli in many ways.

For example, my husband soaks it in a green smoothie the day before. I like it crunchy, so I prepare my muesli before meals, with green smoothies, cashews and fruit.

You can also enjoy the muesli made by me with plant-based milk, plant-based yogurt, orange juice or a green smoothie.

I usually add muesli to a green smoothie, which is as thick as yogurt.



Thank you



Dear reader,

With this book of muesli recipes, my goal was to show how varied the "same" breakfast can be.

I have been eating the breakfast I prepared almost every morning for 2 years and I still couldn't get tired of it!

This compilation was inspired by the fact that both my husband and my mother love my muesli, even though they are not vegan.

Therefore, to make your breakfast complete and rich in nutrients, I will share with you the green smoothie I made, in which and how we put the muesli.

Enjoy your meal!

Anyác