

Power scoop coco-cranberry with a few strawberries

(1 scoop = ~15g and 5 medium-size fruits = ~5g)

Ingredients :

- Dried cranberries - 125ml (1/2 cup)
- Quick cooking oat flakes (see notes) - 250ml (1 cup)
- Unsweetened grated coconut - 125ml (1/2 cup)
- Natural peanut butter (see notes) - 60ml (1/4 cup)
- Honey - 60ml (1/4 cup)
- Ground cinnamon (optional) - 5ml (1 teaspoon)



Cooking instructions:

Chop finely the cranberries.

In a big bowl, mix the cranberries, oat flakes, coconut, peanut butter, honey, and cinnamon. Make 12 scoops by pressing hard with your hands and serve with strawberries.



Note:

In case of peanut allergy or for a takeout as a snack in a school where peanut is forbidden, replace with pea butter or soja butter.

This gluten-free recipe is perfect for people who should avoid gluten. Make sure your oat flakes are gluten-free certified.

Storing:

Can be stored for a week at ambient temperature in a sealed container or for three months in the freezer.

Nutritional value:

Calories 126 - Protein 3g - Fat 6g
Carbs 17g - Fibers 2g - Sodium 3mg



- A delicious recipe from Genevieve O'Gleman -