

WALNUT CHOCOLATE OAT “CEREAL”

INGREDIENTS:

8 tbsp. |120 g| unsalted butter (cold)

1 tsp. |8 g| kosher salt

1/2 c. |100 g| brown sugar

2/3 c. |100 g| chopped walnuts

1 c. |100 g| flour

1 tsp. |2 g| cinnamon powder

1/2 – 1 c. |90 – 175 g| chocolate chips

1 tbsp. |15 g| white sugar

1 tsp. |2 g| kosher salt

2 c. |400 g| quick cooking oat

DIRECTIONS:

In a medium size bowl add your flour, sugars, oats, butter and walnuts and begin to mash them up until they resemble firm-ish pea sized ball. Set it aside in a bowl in the fridge to fully firm up, about 1 hour and preheat our oven to 350F/180C.

After about an hour, pull your mixture out of the fridge and pour into onto a lightly greased sheet pan, sprinkle your salt over it and bake your cereal at 350F/180C for 30 – 40 minutes in 10 minute intervals, stirring the mixture to prevent burning and ensure even cooking and then push the mixture back together in the pan and cook again, repeating until the mixture is nicely toasted.

Once your mixture has fully cooled, break it up into more manageable pieces, add your chocolate. Put your cereal in an air tight container or enjoy now with some yummy milk!

BLOGPOST PLAYLIST

- stressed out – twenty one pilots
- ride – twenty one pilots
- i love to love (but my baby just loves to dance) – tina charles
- ancient light – allman brown
- downtown (feat. eric nally, melle mel, kool moe doe &

- grandmaster caz) – macklemore & ryan lewis
- heroes (we could be) {feat. tove lo} – alessio
- golden (feat. sia) – travie mccooy
- burial (feat. pusha t, moody good & trollphace) – yogi & skrillex
- i miss you – adele
- believe – mumford & sons
- don't let me down (feat. daya) – the chainsmokers
- fuckwithmeyouknowgotit (feat. rick ross) – jay z
- heathens – twenty one pilots
- beekeeper – keaton henson
- mtko – classic