



RECIPE

GRANOLA FINGERS

Ingredients

- 3 scoops Nestlé® NANGROW™
- 2 tbsp Crushed Granola
- 1 tbsp Crushed Wheat Flakes
- 2 finely chopped Seedless Dates
- 1 - 2 tsp Milk

Step by step

Cooking Instructions

1. Mix all the ingredients in a mixing bowl, except for the milk, and stir until everything comes together.
2. Add milk in small quantity and mix well to make a dough.
3. Press the mixture in a flat dish to form a small rectangle. Cut it into 2 fingers and allow it to cool in a refrigerator for 30 min.
4. Serve chilled.

Nutritional values

Per serve

Energy (kcal)	346.8
Protein (g)	6.83
Calcium (mg)	254.5
Iron (mg)	2.45

Contest Alert

Snack O'Clock

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