



Muesli Coil



- brush flour-water mix on both side of a jute rectangle (20x25 cm) & put 1 teaspoon of cereal in the middle of the bottom



- coil the jute from the bottom up; then twist the coil & brush it again with the water-flour-mix (s. left picture below); afterwards let it dry (s. right picture below: dried muesli coil)

