***ZDRAVI RECEPT***



**ZDRAVI KRUH**

**Sastojci**(9)

235 grama [zobenih pahuljica](https://www.tvornicazdravehrane.com/zobene-pahuljice-1kg-proizvod-8324/)

90 grama preprženih [badema](https://www.tvornicazdravehrane.com/blansirani-badem-organski-250g-nutrigold-proizvod-54933/)

25 grama [chia sjemenki](https://www.tvornicazdravehrane.com/chia-sjemenke-organske-100g-nutrigold-proizvod-54124/)

3-4 žlice [suncokretovih sjemenki](https://www.tvornicazdravehrane.com/sjemenke-suncokreta-organske-500g-nutrigold-proizvod-54634/?search_q=suncokrethttps://www.tvornicazdravehrane.com/sjemenke-suncokreta-organske-500g-nutrigold-proizvod-54634/)

65 grama [bučinih sjemenki](https://www.tvornicazdravehrane.com/bucine-golice-organske-1000g-nutrigold-proizvod-54117/)

120 grama [lana](https://www.tvornicazdravehrane.com/sjemenke-lana-nutrigold-proizvod-6837/)

1 žličica [himalajske soli](https://www.tvornicazdravehrane.com/himalajska-sol-sitno-mljevena-1kg-nutrigold-proizvod-7912/)

55 ml [maslinovog ulja](https://www.tvornicazdravehrane.com/ekstra-djevicansko-maslinovo-ulje-organsko-500ml-nutrigold-proizvod-35572/)

6 dl vode