



# High protein king cake

Preparation time: 15 minutes

Cooking time: 30 minutes

## Ingredients for 6 people:

- 50g de praline Cereal'nut HP+
- 200ml of milk
- 50g of almond powder
- 1 egg
- 1 egg yolk (decorating)
- 30g of sugar
- 200g of ready-made puff pastry

## Directions:

- > Preheat the oven to 180° degrees C.
- > Mix the Cereal'nut HP+ mixture with the milk
- > Add to this mixture, the sugar, the almond powder and the egg
- > Draw 2 small circles with ready-made puff pastry
- > Put one round on a baking sheet
- > Spread with the mixture
- > Do not forget to insert the charm!
- > Cover with the second piece
- > Brush the top with beaten egg
- > Bake for 30 mins until crisp and golden

## CERAL'NUT HP+



Exists in 4 flavors:  
Biscuit, Forest  
fruits, Honey,  
Praline