



## **Breakfast Muesli**

### **Ingredients**

Rolled oats  
Nuts – almonds, walnuts, pecans, macadamias, pine nuts  
Seeds – sesame, sunflower, pepita  
Dried fruit – sultanas, apricots, apples, pap paw  
Fresh fruit – berries, apples, banana, grapes, apricots  
Yoghurt – plain, European style (not low fat)  
Soy or rice milk

No quantities are given as this is a recipe that can be varied to suit tastes and seasonal availability of fruits

### **The method**

Soak the oats in fruit juice or water over night or a min of ½ hour – this serves to soften the oats. I have also made the muesli without soaking and find it just as delicious

Add chopped nuts, seeds, dried and/or fresh fruit

Add enough yoghurt or milk to moisten all ingredients

Can be made ahead and stored in refrigerator overnight.