

Breakfast Muesli

Ingredients

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

* Bonsoy is only brand I recommend