

Muesli

from
scratch.

A guide to help you create your own muesli from scratch, exactly how you like it. Choose one or two from each section, or ask our team to help you!

Base 3 Scoops	Rolled oats Buckwheat kernels Quinoa Puffs Puffed amaranth		
Nuts 1 Scoop	Almonds Sliced Almonds Walnuts Cashews	Pecans Hazelnuts Macadamia	
Seeds 1 Scoop	Sunflower seeds Pumpkin seeds Hemp hearts	Chia seeds Golden flax seeds	
Dried Fruit 1/2 Scoop	Seedless raisins Blueberries Goji berries Dried cherries	Currants Chopped Mango Chopped Figs	
Texture & Taste Ask the team	Flaky Sea Salt Maple syrup Honey Almond butters Coconut chips	Chocolate drops Cacao nibs Bran Flakes Corn Flakes.	

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