

# Apple Seed Muesli

## Ingredients

- 1 apple
- 35g mixed sunflower and pumpkins seeds – ground or whole
- ½ tsp cinnamon
- Salt and pepper

## Preparation

1. Grate the apple, skin included, discard the pips
2. Transfer to a serving bowl and sprinkle with cinnamon
3. Stir the seeds into the grated apple
4. Season with sea salt and black pepper



## PHASE 2

Meal: Breakfast

Time: 5 minutes

Serves: 1