



MORNING MUESLI

Ingredients

160g oats
50g pumpkin seeds
50g sunflower seeds
25g slithered almonds
25g chopped walnuts
25g shredded moist coconut
20g sultanas
20g dried cranberries
30g dried apricots, chopped
10g chia seeds
3g cinnamon

Method

Combine the oats, seeds, almonds, walnuts and coconut in a large bowl and then stir in the cinnamon to coat the mix.

Pour mix over a baking tray lined with parchment paper and evenly spread.

Bake in oven for 5-10 minutes on a moderate temperature.

Allow the mix to cool slightly, and then add the sultanas, cranberries, apricots and chia seeds.

Stir mix until thoroughly dispersed.

When cooled, you can bag, store or eat!