

Muesli

Makes 32 servings | Serving size: 1/4 cup

Ingredients Needed:

- 4 ½ cups rolled oats
- ½ cup toasted wheat germ
- 1 cup wheat bran
- 1 cup raisins
- ½ cup chopped walnuts
- ¼ cup packed brown sugar
- ¼ cup raw sunflower seeds



Directions:

1. In a large mixing bowl combine oats, wheat germ, wheat bran, oat bran, dried fruit, nuts, sugar, and seeds. Mix well.
2. Store muesli in an airtight container. It keeps for 2 months at room temperature.

Alternatives:

- Substitute ingredients with your favorite dried fruit, seeds, or nuts.

Prepare it Warm:

1. Combine 1/4 cup muesli mix and 1/2 cup water or milk in a bowl and stir.
2. Microwave for 3 minutes, stopping halfway to stir.

Prepare it Cold:

1. Combine 1/4 cup muesli mix and 1/2 cup milk or yogurt in a bowl and stir.
2. Let sit for 5 to 10 minutes.