



Muesli

Ingredients

- 3 cups of rolled oats
- ½ a cup of desiccated coconut.
- ½ a cup of wheat germ
- ½ a cup of crushed mixed nuts (not salty ones)
- ½ a cup of sunflower seeds
- ½ a cup of sultanas
- ½ a cup of dried apricots
- ½ a cup of oil
- 3 tbs of honey

Method

Toast the rolled oats this is the tricky part because unless you stand over them or put a timer you are sure to burn them. I spread them out on a large tray and put them under the grill in the oven for 5 minutes then mix them up with a fork and shake the tray and give it another few minutes. Then toast the coconut even more tricky as it burns very easily so watch carefully and don't be distracted. It will only take a minute or less.

Now the rest is easy just combine everything in a bowl. The measurement are not precise and feel free to add or subtract ingredients depending what you have in the pantry. Pumpkin seeds are good dried cranberries, or chopped dates.

If you have a microwave just combine the honey and the oil and zap it for 20 seconds or until the honey is liquid enough to mix together or just stick it in a small pan and heat up on the stove. Now mix it into the dry ingredients until everything is coated and store in an airtight container.