



## Homemade Muesli

**Prep Time: 5 minutes**

**Serves 4**

- 1 cup rolled oats
- 2 T. sunflower seeds
- 2 T. sesame seeds
- 2 T. pumpkin seeds
- 2 T. walnuts, chopped
- 2 T. cashews, chopped
- ¼ cup unsweetened shredded coconut
- 1/2 cup dried apricots, chopped

In a bowl, mix together the oats, seeds, nuts, coconut, and chopped apricots. (You can vary the proportions of ingredients to suit your taste.)

To serve, mix with sheep's yogurt or almond milk.

**Notes:**

Raw nuts and seeds are preferable.

**Variations:**

- \* Add 1 teaspoon cinnamon.
- \* Add or substitute other dried fruits, such as raisins, cranberries, cherries, blueberries, figs, etc.
- \* Top with fresh organic berries or chopped apples or pears.
- \* Top the muesli with a drizzle of honey just before serving.



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