

## **Home made muesli**

At your local health food store, pick up

- Rolled oats, unshelled,
- Flax meal
- Any kind of nut you like (almonds, brazil nuts, walnuts, hazelnuts, peanuts, pecans, cashews etc.)
- Sesame seeds, sunflower seeds
- Pistachios, pepitas
- Raisins, currents or other dried fruits

Get your biggest serving bowl, empty all ingredients in, stir and refrigerate, so the nuts stay fresh.

To eat, take about a few heaped tablespoons of the muesli, and mix with yogurt, milk, soymilk, blueberries, raspberries or blackberries

It is best to use plain yogurt, which gives you more control over the amount of sugar that is part of the meal. If you want more sweetness, get local, raw honey or maple syrup and add to taste.