

Home Made Muesli

Home made muesli is the best way to ensure the ingredients in your muesli are fresh, low in sugar and as unprocessed as possible. All ingredients are optional and can be added, subtracted, increased or decreased as desired until you find your own perfect, tailored formula.



- 2/3 cup bran
 - 2/3 cut rolled grains (like oats, barley, rye, spelt, or even rice)
 - 1/4 cup chia seeds
 - 1/3 cup sunflower seeds
 - 1/3 cup pumpkin seeds (pepitas)
 - 1/4 cup dried cranberries
 - 1/4 cup chopped dates
 - 1/2 cup almonds (whole, slivered, flaked or roughly chopped)
 - 2 tbsp wheatgerm
 - 1 tbsp cinnamon
1. Keep in a glass container, add to a bowl with any type of milk you tolerate or desire, add some plain, natural, pot set yoghurt and fresh fruit if desired.