

## Nourishing Muesli Mix

### Makes 7 cups

- 4 cups of rolled oats (or other grains – puffed/flaked quinoa, rice, rye, barley or spelt)
- ½ cup hulled sunflower seeds
- ½ cup pumpkin seeds
- 1 cup roughly chopped almonds (or flaked/slithered almonds)
- 1 cup chopped dried fruit (sultana's, cranberries, goji berries etc.)
- 1 teaspoon ground cinnamon



Optional additions: coconut, bran, walnuts, brazil nuts, pecans, macadamias, hazelnuts, sesame seeds, chia seeds, hemp seeds, flaxseeds, buckwheat groats, psyllium husks, lecithin granules.

Mix all the ingredients in a large bowl and store in an airtight container. Serve 1/3 cup with your choice of milk or yoghurt and fresh fruit.