



Make your own muesli



Ingredients

- 1 cups of raw almonds.
- 1/2 cup of raw, unsalted sunflower seeds (shelled)
- 1/2 cup of raw, unsalted pumpkin seeds.
- 1/2 cup of hazelnuts (or any other flavourful nut)
- 1/2 cup of chia seeds.
- 1/2 cup of unsweetened coconut flakes.
- 1 cup of oats

Method

- Mix all ingredients in a large bowl.
2. Refrigerate overnight.
3. In the morning top with fresh fruit, or any other superfood you have on hand. My favourite is raw cacao, cinnamon and small handfuls of blueberries/Rasberries.