

Fresh Fruit Muesli

Ingredients:

(makes 4 servings)

- 175-200 g (6-7 oz) cereal flakes (e.g. porridge oats, rye millet, or rice flakes). You can use a mixture of different cereal flakes if you like.
- 2 tbsp. (30 ml) oat bran
- 2 tbsp. (30 ml) seeds (e.g. sunflower, pumpkin, ground flaxseeds)
- 2 tbsp. (30 ml) flaked almonds or hazelnuts
- 450 g (1 lb) fresh fruit of your choice (e.g. strawberries, apricots, coarsely grated apple, or pear, sliced kiwi)
- 250 ml soya, rice, oat, or almond milk for serving



Instructions:

1. Place the cereal flakes, nuts, and seeds in serving bowls and cover with 200-250 ml (7-8 fl oz) water.
2. Leave to soak overnight.
3. Add the oat bran and top with your choice of fresh fruit.
4. Serve with soya, rice, oat, or almond milk.

Note: soaking the cereal flakes, nuts and seeds overnight makes it much easier to digest.

