

## Toasted Nut & Seed Muesli (grain, dairy and can be sugar free)

You can mix and match according to what is in your pantry/what your dietary requirements are/what you like!. This is densely nutrient rich and a serving size is 1/3 cup. I personally like it with about 1/2 cup yoghurt and an 1/2 a banana or orange chopped up - I find that this sustains me perfectly well through the morning. Yummy with berries or any other allowed fruit



- Pre-heat oven to 150 degrees C
- Gently warm to melt:

- 3 tablespoons coconut oil
- 1 tablespoon honey or pure maple syrup  
(simply omit this if you want to be sugar free)

- Very roughly chop and put into a large mixing bowl:

- 1 cup Almonds
- 1 cup cashews
- 1 cup brazil nuts

- Add:

- 1 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1 cup buckwheat groats
- pinch of salt

- 1 cup coconut threads
- 1/2 teaspoon ground ginger
- 1 teaspoon ground cinnamon

- Mix thoroughly together before drizzling over the melted coconut oil (and honey) as you stir gently, until evenly dispersed through the dry ingredients.
- Spread out into a large roasting pan/oven tray with low sides; place in preheated oven; stir after 10 minutes and bake for 10 more minutes before switching off the oven.
- Then stir in:

- 1 cup ground flax seed

- Leave the muesli in the oven until completely cool (this gets it really crunchy!).
- I like to make this after dinner is done and then leave it in the oven overnight.
- Store in an airtight container at room temperature.