



Irene's Homemade Muesli

10 servings

10 minutes

Ingredients

500 grams Oats (not quick oats)
 65 grams Pumpkin Seeds (1/2 cup, Pepitas)
 65 grams Sunflower Seeds (1/2 cup)
 10 grams Cinnamon (2 heaped teaspoons)
 32 grams Ground Flax Seed (1/4 cup, or LSA Mix)
 1 cup Mixed Raw Nuts (roughly chopped)
 65 grams Dried Unsweetened Cranberries (1/2 cup, or any other dried fruit)
 32 grams Psyllium Husks (1/4 cup, optional)

Directions

- 1 Place all ingredients into a large plastic cereal dispenser container or a large container.
- 2 Put the lid on tight and shake the contents to evenly distribute all the ingredients.
- 3 Serving size is around a heaped 1/2 cup, served with nut milk, coconut yoghurt and fresh berries, kiwi fruit or pear.

Nutrition

Amount per serving	
Calories	313
Fat	11g
Carbs	46g
Fiber	11g
Sugar	5g
Protein	10g
Calcium	57mg
Iron	4mg
Vitamin D	0IU
Folate	31µg
Vitamin B12	0µg
Phosphorous	281mg
Magnesium	78mg



Zinc	2mg
Selenium	20µg