



TOASTED MUESLI



INGREDIENTS

SERVES 6

- 4 cups rolled oats
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- 2 tablespoons chia seeds
- 2 tablespoons sesame seeds
- ¾ cup mixed nuts chopped (optional)
- 1 cup of apple juice
- 1 cup dried fruit, chopped
- ¼ cup coconut flakes

EQUIPMENT

- Baking trays
- Chopping boards
- Sharp knives
- Measuring cups
- Measuring spoons
- Large bowl
- Wooden spoons

INSTRUCTIONS

1. Preheat oven to 160 degrees celsius.
2. Line two baking trays with baking paper.
3. Combine oats, seeds and nuts (if using) in a large bowl.
4. Stir in apple juice and mix well.
5. Divide mixture between prepared baking trays and bake for around 45 minutes, stirring occasionally, or until oats are toasted and golden.
6. Add dried fruit and coconut flakes and stir to combine. Leave to cool completely on trays and store in an airtight container.
7. Serve with milk, greek yoghurt, mixed berries and a drizzle of honey, for a delicious, nutritious breakfast.