

Muesli



GF

I love this muesli recipe. I use it in so many ways. For breakfast, as a topping for yoghurt, in Anzac Biscuit Balls, rolling foods in it. The list goes on.

Ingredients

- 2 cups oats
- 1 cup coconut shredded
- 1/4 cup pepitas
- 1/4 cup sunflower seeds
- 1/2 tspn cinnamon
- 100g butter (organic)
- 1/3 cup rice malt syrup

Directions

1. Pre-heat oven to 180 degrees and line a baking tray with baking powder
2. Mix dry ingredients
3. Melt butter and rice malt syrup
4. Stir butter mixture through dry ingredients until all wet
5. Spread the mixture out in a single layer on the baking tray
6. Cook for 8 minutes, then stir turning the mixture over
7. Cook for another 8 minutes. Adjust the timing base on the level of goldeness your family prefers.
8. Cool on tray
9. Crumble / break up mixture with your hands - then store per instructions.



BONUS: This makes heaps. Breakfasts and snack options for mum & dad too.

TIP: Make dairy free - replace butter with coconut oil. Adjust cooking time to suit.

Freezing / Storing Instructions

Do not freeze. Store in glass air tight jar preferably.

Another 2 ways to use this recipe

- Serve on top of yoghurt
- Use in Anzac Biscuit Balls (process dates and then mix in muesli to form balls)