

Luxe Muesli

Prep Time

10 minutes

Cook Time

30 minutes

Servings – large baking tray full of muesli

Ingredients

2 cups rolled oats

1 cup oat flakes or puffed quinoa or puffed rice or puffed wheat

2 cups mixed nuts chopped (macadamias, cashews, walnuts, pecans or almonds)

½ cup pumpkin seeds or sunflower or chia seeds

½ cup coconut flakes

½ cup maple syrup

¼ cup honey

30 g butter melted (use extra virgin olive oil if vegan or dairy free)

2 tsp vanilla extract

1 tsp cinnamon ground

¼ tsp nutmeg ground

1/8 tsp cloves ground

1 cup dried fruit I like a mixture of cranberries, currants, chopped dates, dried cherries

Instructions

Preheat oven to 180°C (356°F). Line a baking tray with baking paper.

In a large bowl, combine oats, oat flakes, nuts, seeds and coconut.

In a large jug, combine honey, maple syrup, butter, vanilla and spices.

Pour the syrup mixture over the oat mixture and mix thoroughly.

Spread the mixture evenly over the tray. Bake for 30 minutes, stirring every 10 minutes or so, until browned to your liking.

Allow to cool completely in the pan before mixing through the fruit.

Store in an airtight container.

Recipe Notes

The muesli will seem quite "soft" when it comes out of the oven, but don't worry, it will become much crispier as it cools!

I tend to buy my ingredients from a natural food and health shop that decants out the quantity that you are wanting – more cost effective and less wastage. (eg Mrs Flannerys, Kiah Organics)

