

Almond Oat Cranberry Muesli

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Dry Mix

3 cups rolled oats
1/2 cup chopped almonds (or walnuts or pecans)
1/4 cup raisins (or craisins or any chopped, dried fruit)
1/4 cup wheat bran, germ (or oat germ)
1/4 tsp salt

In a large bowl, toss together dry ingredients.
Store in quart size mason type jar.

To make one serving of Muesli:

1/2 cup dry muesli
1/2 cup plain yogurt
1/4 cup milk (or soymilk or almond milk)
1-2 Tbsp Maple syrup, brown sugar or honey (or to taste)
Fresh fruit (blueberries, strawberries, peaches, bananas)

For each serving, spoon yogurt, milk and sweetener into a bowl.
Add dry muesli and mix well.
Cover and let sit in refrigerator overnight or even a few days is fine; at least an hour.
Top with fresh fruit and enjoy.