

Plain Muesli

Ingredients

- 1 cup of almonds
- 1 cup of pecans
- 1 cup of hazelnuts
- 1/2 a cup of sunflower seeds
- 1 1/2 cups of shredded coconut
- 1/2 a cup of sultanas
- 1/2 a cup of dried cranberries

Method

Put the nuts into a food processor and quickly process until nuts are broken up.

Then add all other ingredients to the nuts and combine well .

Store in an air tight container .

You can use any variety of nuts and dried fruit you like , just be aware that some dried fruits do have a lot of sugar in them and some have a sulphur solution on them to prevent browning . This mixture will make 10 1/2 cup servings . Have it with milk of choice , coconut , or Greek yogurt or even some stewed fruit . Image may contain: food

