

# Homemade roasted muesli

Serve with yoghurt (probiotic), kefir or milk and fresh seasonal fruit.

GF\*

Serves: 4

Preparation time: 10 mins | Cooking time: 20 mins

## Ingredients

2 cups rolled oats

¼ cup whole almonds, roughly chopped

¼ cup linseeds

¼ cup pepitas

¼ cup coconut flakes

2 tbsp extra virgin olive oil (EVOO)

## Method

1. Preheat oven to 180°C.
2. Mix together oats, nuts, seeds and coconut in a large bowl. Add EVOO and stir through to coat evenly. Spread muesli on a lined baking tray.
3. Roast for 20 minutes or until lightly toasted. Stir the muesli after 10 minutes to avoid burning.
4. Remove from oven and allow to cool. Seal in an airtight container and use as required.

**\*Can be tweaked to be gluten free:**

Use quinoa flakes or buckwheat groats instead of rolled oats