

Less than 15 minutes

Makes 1.5kg

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Ingredients:

- 1 packet (1kg) rolled oats
- 2 packets (200g) raw almonds, chopped
- 1 packet (100g) pumpkin or sunflower seeds
- ¼ cup (60ml) desiccated coconut
- 1 cup (200g) uncooked quinoa (optional)

Method:

1. Combine oats, almonds and pumpkin or sunflower seeds.
2. Blitz in a food processor to blend slightly, if you like.
3. Add coconut and quinoa, if using, and combine.
4. Store in an airtight container and use as preferred.
5. For easy bircher muesli, combine equal parts granola mix, yoghurt and milk and chill overnight.