



Emma’s Munchy Muesli

Serves 18

Ingredients:

Oats x 500 g
Pumpkin seeds x 30 g
Flaxseeds x 30 g
Sunflower seeds x 30g
Dried apricots chopped x 60g

Per serving:

Natural yoghurt x 50g
Crushed walnuts x 30g
Banana x 1
Blueberries x 50g
Raspberries x 10



- Add the oats, seeds and apricots to a large bowl or serving container and mix together
- Store this mix for use on a daily basis – 35g per serving (3 tablespoons)
- Add yoghurt, walnuts, banana and berries fresh to serve. Mix the yoghurt into the muesli
- You can add the walnuts if the mix will be used within one week but nuts can turn rancid if not stored in an air tight container so please be careful if storing for weeks

Nutritional information:

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Porridge Oats 30 g	113	18	2	3	6	0
Sunflower - Seeds 1.63 g	9	0	1	0	0	0
Pumpkin Seeds (25gm Serving) 1.63 g	10	0	1	1	0	0
Flaxseed, 1.63 g	13	0	1	1	0	0
Natural Yoghurt 50 g	41	3	2	2	35	3
Walnuts 1.63g	13	0	1	0	0	0
Banana, 1 medium	105	27	0	1	1	14
Blueberries - Raw, 50 g	29	7	0	0	1	5
Raspberries - Raw, 10 raspberries	10	2	0	0	0	1
Per Serving:	343	57	8	8	43	23

From my personal Nutrition notes:

Oats are a medicinal food; full of fibre and beta glucans to support a healthy digestive function. Seeds and walnuts provide omega oils for the brain, skin and hair, while banana and apricots are full of potassium and other minerals. Berries are full of immune enhancing antioxidants.