

Go Natural Raw Buckwheat Muesli

Ingredients:

1. Whole Organic Buckwheat: 500g sprouted
2. Cinnamon 1t-spoon
3. Honey/Agave ½ cup
4. Apples 3 x grated
5. Pears 3x grated
6. Bananas 3x chopped
7. Almonds ½ cup (soaked & chopped)
8. Sunflower seeds 1cup
9. Goji Berries 1cup
10. Cacao Nibs ½ cup
11. Cranberries ½ cup
12. Almond milk ½ cup almonds & 500ml water

Preparation:

1. Use a Sprouter, soak Buckwheat for 24h and rinse very very well, thereafter, place in glass container or sprouter unit and sprout for 2 days. Turn the bottle twice a day only, with no more water on buckwheat.
2. Use Personal Blender to grind the Cinnamon
3. Use Magimix to grate the apples and pears
4. Slice bananas in small blocks
5. Use Magimix to chop the soaked almonds in chunks, using the S-Blade mixer.

Mix all the ingredients together and dehydrate for ±24h @ 45 deg C.

This muesli can be served dry as chunks but it is even better if served with fresh kefir or almond milk. The Personal Blender is a fantastic easy to use blender, for the making of almond milk in small and big quantities within seconds.

Serves 6 people.

Enjoy!



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