

Go Natural Super Raw Muesli

Ingredients:

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| 1. Whole Organic Oats: 1 cup | A |
| 2. Flax/Lyn/Chia seeds: 2 tsp | A |
| 3. Sesame seeds: 2 tsp | A |
| 4. Raw coconut oil/butter: 2 tbsp | B |
| 5. Honey: 2-3 tsp (to taste depending on desired sweetness) | B |
| 6. Nuts: ¼ x Cub of in season nuts | C |
| 7. Raisons or chopped dried fruit: ¼ Cub | C |
| 8. Coconut flakes: 2 Tsp | C |
| 9. Pumpkin seeds: 2 Tsp | C |
| 10. Sunflower seeds: 2 Tsp | C |
| 11. Cacao nibs 2 Tsp | C |

Preparation:

1. With a grain roller, roll all the A ingredients.

Remember once a grain berry has been rolled or milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (roll or stone mill) grains on demand.

2. Melt all the "B" ingredients in a warm bowl placed into another bowl filled with hot water. Note: Do not boil the water as this will damage all the raw enzymes and nutrients in the honey and butter.
3. Pour the molten oil/butter and honey mixture with all the "A" ingredients and mix thoroughly.
4. Add all the "C" ingredients and mix.
5. Feel free to serve the muesli with in-season berries and/or chopped fresh fruits.

Variation:

Pour fresh Kefir yogurt and let it soak for 30 minutes.

Serves 4 people

Enjoy!

