



Homemade Muesli With Oats, Dates & Berries

Servings: 4

Prep Time: 5min

Cook Time: 2min



Ingredients

- 100g traditional oats
- 12 pecan nuts, broken into pieces
- 2 tbsp sunflower seeds
- 6 pitted medjool dates, snipped into pieces
- 25g high-fibre puffed wheat
- 4 x 150ml pots bio yogurt
- 300g mixed berries, ie raspberries, strawberries and blueberries
- generous sprinkling of ground cinnamon(optional)

Directions

1. Tip the oats into a frying pan and heat gently, stirring frequently until they are just starting to toast. Add the pecans and seeds to warm briefly, then tip into a large bowl and toss so they cool quickly.
2. Add the dates and puffed wheat, mix well until thoroughly combined, then serve topped with the yogurt and fruit, and a sprinkling of cinnamon, if you like.