

Bentleigh West Kindergarten Inc.

HOME LEARNING – Toasted Muesli



EASY NUT FREE TOASTED MUESLI

Ingredients

- 1.5 cups rolled oats
- 1.5 cups puffed buckwheat (or puffed brown rice or a mix!)
- 2/4 cup puffed quinoa (or substitute puffed rice, amaranth etc)
- 2Tbs desiccated coconut
- 3 Tbs sunflower seeds
- 1 Tbs psyllium husk
- 1 Tbs flaxseed meal
- 1 tsp cinnamon
- 1 tsp vanilla
- 1.5 Tbs maple syrup
- 2/3 cup coconut flakes
- Optional: ¾ cup dried fruit of choice



Directions

1. Preheat oven to 150 degrees celsius.
2. Combine all ingredients, excluding the coconut flakes, in a large mixing bowl and toss well to combine.
3. Place on a lined large baking tray and bake for 15 minutes.
4. Remove, add the coconut flakes, (optional dried fruit) mix and return to the oven for 5-10 minutes or until the coconut is golden.
5. Allow to cool completely and then transfer to an airtight container.
6. Serve with fresh seasonal fruit and yoghurt or milk.

Note: this will keep for a few weeks in an airtight container