



Organic, super tasty, gluten free muesli

So I've been making my own gluten free muesli, which takes literally takes 5 minutes to make and is 100 times nicer than the shop bought stuff, and heaps more nutritious. Win, win 😊

I get the produce from Honest to Goodness (<http://www.goodness.com.au/>) – as their nuts, seeds and dried fruit are the best I've found in Sydney.

Ingredients

3 cups brown rice puffs
1 cup shredded coconut
1 cup pepitas
1 cup of sunflower seeds
1 cup of toasted buckwheat (raw buckwheat, toasted in the pan on a low heat for a few minutes)
1/2 cup of almonds
1 cup raisins (or dried cherries which I just tried and loved)
1/2 cup of dried apple (or dried papaya or dried mango), rib into small pieces
1/2 tsp cinnamon powder

Method

Mix all together and place in storage jar.

I finish my morning bowl off with 1 tablespoon flaxseed meal (Stoney Creek is my favourite, stored in the fridge) and I generally add a banana, and choose a milk (varying between almond and Bon Soy). Delicious!