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Energising Muesli

50g oat flakes
50g barley flakes
6 dried apricots, finely shredded
6 prunes, chopped
25g nuts, toasted and chopped
1 tblsp sunflower seeds
1 tsp pumpkin seeds
1 tsp sunflower seeds
1 chopped fresh apples, to serve
Oat, rice or almond milk, to serve

Mix all the ingredients, except the chopped apple and milk juice, together. Once thoroughly mixed, stir in the chopped apple and moisten with apple juice.