

GOOD MORNING MUESLI

Contributed by Nancy Riedesel & Sheri Yohe (The Chefettes)

Makes 6 cups

Ingredients:

- 1 c. Raw pre-soaked and dehydrated almonds, or nuts of choice
- 6 Medjool dates, pitted
- 2 c. Sprouted Buckwheat, dried
- 1 c. Quick Oats
- 3 Tbsp. Coconut oil
- 1c. Dried Apples (if you are going to store this cereal) *or
1 Apple, grated (*if eating right away)
- ½ c. Plump Raisins, Cranberries, Cherries, any dried fruit
- ½ c. Coconut flakes or shreds
- ½ tsp Cinnamon or Cardamom
- ¼ c. Chia Seeds, Optional (Adds more Omega 3 oils and energy)

Directions:

Rough chop nuts, apples & dates in food processor, keeping it a rough texture.

*If you don't have dried apples, use shredded apple, (dipped in lemon) if you are going to serve right away. If this is going to be stored in a cabinet, use only the dried fruits

Remove to a bowl and stir till mixed well

Add remaining ingredients; mix with a large wooden spoon to combine all ingredients well.

Add coconut oil and stir in till all is well mixed.

Storage and serving tips:

For an additional kick, serve with homemade almond milk and sprinkle a little cinnamon on top

You may choose to top with sliced strawberries, blackberries, bananas, or any fruit of your choice. Good Morning Muesli will keep well in an airtight container for weeks