

## **Grain and sugar free muesli**

### **Ingredients:**

- 100 grams chopped walnuts
- 50 grams chopped macadamia nuts
- 50 grams chopped hazelnuts
- 100 grams almond flakes
- 50 grams coconut flakes
- 100 grams sunflower seeds
- 3 tablespoons coconut oil
- 2 tsps cinnamon
- 1/2 tsp nutmeg
- 2 tsps ginger powder
- 5 ml vanilla extract/essence



### **How to make the muesli:**

1. Heat the coconut oil, spices and vanilla in a large pan or wok.
2. Add the rest of the ingredients and toast for a minute or two stirring all the time to infuse the nuts with the spices and coconut oil.
3. Pour mixture into a large baking tray and put into the oven at 160 degrees Celsius for 8 to 10 minutes.
4. Once muesli is nice and golden brown, remove and cool on kitchen paper/roller towel.
5. Store muesli in an airtight container.
6. Enjoy with some almond milk or full fat Greek yoghurt and berries.
7. You can also sweeten to taste with stevia or xylitol.

Recipe inspired by the muesli recipe in the "Real Meal Revolution" cookbook.

