

This really is a great choice if you are trying to reduce your intake of refined grains, improve your overall wellness, lose weight and reduce inflammation in the body.....plus it is yummy!! I recommend it with some natural yoghurt, and also like to add Macadamia nuts to the mix.

Pecan and Cinnamon Nut Muesli

¼ cup Flaxseed/Linseed Meal

¾ cup almond meal

½ cup sunflower seeds

¼ cup shredded coconut

½ cup pecans

¼ cup walnuts

2 tsp cinnamon

2 tsp vanilla essence

Mix it all together in a large bowl and you are done!

½ - 1 cup equals a serve.

For Bircher style muesli soak the mix in half a cup of coconut milk (or rice/soy/almond – whatever floats your boat really).

Store in the refrigerator.

If you like it chunky, use whole almonds.

If you like it smooth, stick to the almond meal.

Hayley xx