

Super Seed Bircher Muesli – Start your day Clean.....

You will need to prepare this the evening before – just know it is well worth that couple of minutes for the super nutritious (and delicious) start to your day. It really is satisfying.....with just a nice amount of ‘sweet’ from the prunes and dates.

The amounts I’ve stated here are a guide only – I don’t really measure – and obviously you can tweak this to suit your own tastes, or what you have in your pantry. This makes a large bowl that would serve approx 4 people (depending on how much you eat!).

It also keeps really well in the fridge.

- ¼ cup Almonds
- ¼ cup Pumpkin Seeds
- ¼ cup Sunflower Seeds
- ¼ Chia Seeds
- 4 dried prunes (chopped)
- 2 dates (chopped)
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon vanilla essence (or pure vanilla if you have it)
- Small handful of Oats



Mix all your ingredients together in a bowl.

Cover this mix in Coconut Milk or Almond Milk (or a mix of whatever you have/like).

Leave in the Fridge overnight to soak.

In the morning, serve with natural yoghurt, and fresh fruit.

(pictured with vanilla coconut yogurt and frozen blueberries).

Enjoy, and eat with a Good Feeling in your Belly ☺

Hayley