

# Recipe

## Homemade Muesli

8 Servings

You can substitute any nuts, seeds, and dried fruit of your choice. Apricots and raisins are also yummy!  
Adjust spice to your liking.

### Ingredients

2 cups	large flake oats, dry
1/2 cup	wheat bran
1/2 cup	wheat germ
1 cup shredded, not packed	coconut, unsweetened
1/2 cup whole	almonds, dry roasted, unsalted, chopped
1/2 cup	pumpkin seeds (pepitas), whole, roasted
1 tsp	cinnamon, ground
1 tsp	nutmeg, ground
1/2 cup	cranberry, dried, sweetened

### Directions

1. Preheat oven to 200 F.
2. Mix all ingredients, except cranberries, together in a 9x13 pan.
3. Bake for 1 hour, stirring every 15 minutes. Cool.
4. Mix in cranberries once cooled.
5. Store in an airtight container. Serve with your favourite milk or yogurt!

### NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	271
FAT (g)	12.42
SATURATED FAT (g)	4.22
TRANS FAT (g)	0
CHOLESTEROL (mg)	0
SODIUM (mg)	5
CARBOHYDRATE (g)	34.73
FIBRE (g)	8.1
PROTEIN (g)	10.27
VITAMIN A (µg)	1
VITAMIN C (mg)	0.4
CALCIUM (mg)	49
IRON (mg)	2.98