

Breakfast Bonanza Homemade Muesli!



Ingredients:

- 150g rolled oats
- 50g rice bran
- 150g bran flakes
- 2tbsp almond flakes (optional)
- 3tbsp flaked coconut
- 2tbsp honey
- 150ml fresh orange juice
- 10 finely chopped apricots
- 2 handfuls sultanas
- 6 pieces dried apple, chopped finely
- 5 pieces dried mango, chopped finely
- 6 prunes, chopped finely.

Equipment:

- Oven
- Large Bowl
- Small pan
- Baking tray
- Baking paper
- Air tight container



Method:

1. Combine all the dry ingredients (except the fruit) in a large bowl
2. Blend the honey and juice and warm in a small pan.
3. Once the honey and juice mixture is warm pour over the dry ingredients and mix well.
4. Place the mixture onto a baking tray lined with baking paper.
5. Bake at 150 °c for 25-30 minutes or until golden, stirring occasionally
6. Allow to cool.
7. Combine the dried fruit with the baked ingredients
8. Store in an airtight container.

