

Homemade Muesli Breakfast

- 6 c [rolled oats](#), (used 1/2 [oat flakes](#), 1/2 [spelt flakes](#))
- 1 1/2 c walnuts, (broken up a little after measuring)
- 1/2 c each slivered almonds, chia seeds, hemp seeds, pumpkin seeds, raisins, cacao nibs

Mix **Homemade Muesli Breakfast** ingredients in a large bowl, then store in one or two sealed bags or a container. Mix well before serving to evenly distribute ingredients. Recipe makes 24 servings.

Note: You can substitute goji berries, mulberries, dried cherries or dried blueberries for raisins - and sunflower seeds for pumpkin seeds.

Homemade Muesli Breakfast Garnishes

- [dried prune](#), quartered
- 1/2 - 1 oz [Nature's Path Heritage flakes](#), Kamut or Oat Bran
- chopped fresh seasonal fruit: strawberries, raspberries, blackberries, blueberries, pear, apple, banana, peach, nectarine, mango, papaya, pitted cherries, orange, mandarin or grapefruit
- yogurt or milk

Jittery Cook