



Wendy's Meusli... crunchy, seedy and not too sweet
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400g (4 c) oats (can mix full flake or mini flakes as you prefer)
250g (2 ½ c) 5 grain mix
100g (¾c) pumpkin seeds
100g (½c)sesame seeds
100g (⅓c)linseeds
100g (½c)sunflower seeds
50g (½c) coconut
½ tsp cinnamon
pinch of salt
150g honey
150g currants or dried cranberries or raisins or cherries (any dried fruit really)
100g cornflakes
Large baking sheet or broiler pan covered with parchment paper

Preheat oven to 275°

Mix together all the dry ingredients **EXCEPT for dried fruits and corn flakes**

Warm honey in a saucepan or in the microwave

Pour warm honey over dry ingredients and mix till thoroughly moistened.

Cook for 1- 1 1/2 hours turning muesli after 30 minutes to evenly brown. You can cook in faster at 300-325° but just watch it closely and keep your nose on alert.

Muesli will look toasted. Pull from oven and let it cool. Add dried fruit and cornflakes.