

Low Fat Crunchy Muesli

4 cups rolled oats (I use wholegrain)

1 cup of apple juice

1 cup sunflower seeds

1 cup of raw almonds roughly chopped

2 tsp cinnamon

¼ cup linseed

¼ cup sesame

½ cup of thread coconut

½ cup of apricot pieces

½ cup cranberries (sugar reduced)

½ cup raisins

Preheat oven to 150 degrees C. A little lower if fan bake. You are trying to dry this out rather than cooking too fast.

Prepare a large flattish oven tray lined with paper or a silicone mat if you wish.

Mix the oats, cinnamon, nuts and seeds together in a large bowl.

Quickly stir through the juice to moisten everything. Tip onto tray immediately, spread evenly and bake in oven for approximately 30 mins.

Remove from oven and stir, checking for wet lumps. At this stage sprinkle over the coconut and return to oven for a further ten to twenty minutes. The aim is for golden but not too dry. This will depend on your oven. Mine is quite hot so you might need longer.

While it is cooling give an occasional stir and when quite cool add the dried fruit.

Store in air tight container for up to a month.

Notes

Our guests often ask for this recipe so I have included copies in the folder. Feel free to take one.

I acknowledge Annabel Langbein for this recipe in which I have done just a few tweaks, such as removing the honey. It is from her "Best Of" book and is different to any of hers I have found on the internet.

The only important ratios are the liquid to rolled oats. Everything else is up to personal taste and whatever nuts, seeds and dried fruit you happen to have.

Other fruit juices work just as well depending on what you have. Because we do not drink fruit juice, I buy a good quality apple juice and freeze it in cup quantities.

Make sure the oven is up to temp and everything is ready before adding the juice or you may end up with lumps.

I have found it best to stay with the 4 cups of oats. When tempted to make more it was hard to get the right dryness.

Enjoy