

MUESLI, LOW-CARB

(courtesy Sally-Ann Creed)

Dry ingredients:

150g linseeds	150g sesame seed
150g coconut shavings	150g sunflower seeds
150g pumpkin seeds	500g almonds
500g hazelnut	500g macadamia nuts
500g walnuts	cinnamon/nutmeg

Wet ingredients:

2 teaspoons coconut oil

2 teaspoons butter

1 to 2 oranges or apples to sweeten.

Method:

Mix dry ingredients in a bowl. Blend a few nuts to make them smaller and leave the others whole. Dry ingredients should fill a 3 liter bowl

Chop the apple, discard core. Melt the butter and coconut oil and place the fruit in the bowl. Blend until smooth – about 200ml liquid.

Pour the wet ingredients over the dry ingredients and stir well. Coat ingredients well but don't add too much liquid or the muesli won't be crunchy.

Spread the ingredients over the two 35cm x 25cm baking trays and bake at 120 degrees C for about an hour or until roasted. Remove from the oven, allow to cool fully and place in an airtight container.

Serve with full cream yoghurt and berries.

