

COCONUT AND COCOA NIB MUESLI

MAKES 750G / PREPARE 5 MINS / COOK 20/30 MINS

Ingredients

200 g	Rolled oats	30 g	Sunflower seeds
150 g	Rye flakes (*)	2½ tbsp	Chia seeds
150g	Barley Flakes (*)	4 tbsp	Shaved coconut
40 g	Pumpkin seeds	2 tbsp	Cocoa Nibs
50 g	Whole almonds	2 tbsp	Water
60 g	Walnuts	4 tbsp	Runny Honey
2½ tbsp	Chopped hazelnuts	3 tbsp	Coconut oil
40 g	Brazil nuts		

Instructions

Preheat the oven to 170C.

Put the water, coconut oil and runny honey in a small saucepan and heat gently until the oil has melted and the mix is homogeneous.

Mix all the dry ingredients, except the shaved coconut and cocoa nibs, with the liquid in a large mixing bowl.

Spread the mixture out on 2 baking tins lined with non-stick baking paper or a ceramic dish and put in the pre-heated oven.

Turn over the mixture about halfway through baking (after approx. 20 min), add the coconut shavings and re-distribute evenly again.

Keep an eye on your muesli, you are looking for an evenly golden colour that may take about 20-30 min.

When ready, let it cool down completely and then add the cocoa nibs. Store in an airtight container for up to a month.

Serve with Greek yogurt and fresh berries. It is also fantastic with almond milk.

(*) Use same weight of quinoa and brown rice flakes respectively for a gluten-free version.



Nutrifacts



Oats and barley are high in FIBRE that help you stay regular. Additionally, OATS are high in soluble FIBRE that contains BETA-GLUCAN which helps lower CHOLESTEROL levels. The insoluble fibre in oats and barley feed the good bacteria in the gut.

Seeds and nuts are a good source of PROTEIN and ESSENTIAL FATTY ACIDS.

Chia seeds contain complete protein like that in animal sources with the added benefit that they contain good levels of OMEGA-3 FATTY ACIDS which research shows have anti-inflammatory properties, may help keep a healthy brain in old age and protect our heart against cardiovascular diseases.