

* RECIPE *

MUESLI

* INGREDIENTS

1 CUP OF PORRIDGE OATS- DRY TOASTED IN A FRYING PAN UNTIL JUST BROWN OR SMELLING NICE.

1/2 CUP WALNUTS

TOP UP THE REST OF THE CUP WITH PLAIN CASHEWS, DRIED CRANBERRY OR APRICOT, DESICCATED COCONUT. JUST ADJUST TO YOUR TASTE

HAVE IT WITH YOGHURT OR PLANT BASED MILK. I USE CASHEW.
