

Recipes from Nuts 'n May

Muesli

One of the simplest ways to make sure you get your recommended daily intake of walnuts is to eat them for breakfast. You can just add the nuts to your breakfast bowl each morning. If you keep shelled nuts in the fridge (as recommended) then you can just drop in a handful as you add yoghurt or milk.

This recipe uses dried fruit from the farm (but you can make substitutions to suit your taste). Be careful to toasting off each of the dry ingredients separately before combining them and the dried fruit in a large bowl.



Ingredients

For the base muesli:

2 cups	Rollled oats
1 cup	Shredded coconut
¼ cup	Walnut pieces
¼ cup	Shelled hazelnuts or almonds
¼ cup	Pumpkin or shelled sunflower seeds (optional)

For the dried fruit:

½ cup	Apricots
¼ cup	Feijoa or mango
¼ cup	Black Doris plums or Cranberries
½ cup	Honey (optional)
2 tbsp	Rice bran oil (optional)

Method

You can simply mix the dry ingredients together and have raw muesli, but it tastes better toasted.

To toast the muesli, gently heat a large wok and toss the oats, coconut, and walnuts separately. Set aside each toasted ingredient into a large bowl to cool.

It's important to do each item separately as they each have different toasting rates and this will save you burning or under-cooking elements.

Chop the hazels or almonds and toast them if you wish. Then add the seeds and dried fruit into the cooling, toasted ingredients.

If desired, gently heat the honey and oil in a small pot and pour over the toasted muesli. Mix well.

Allow to cool fully before putting into clean, airtight jars.