

Muesli

Prep Time: 8 minutes

Muesli Recipe:

5 lb bag of thick cut Oats
1 cup Sunflower Seeds
2 cups Sliced Almonds
1-1/2 cups Fruit Juice Sweetened Dried Cranberries
2 cups Organic Raisins
1-1/2 cup Chopped Pecans
1 cup Golden Flax Seed

Instructions:

Mix together and put in jars. Can be eaten plain or with almond or soy milk. Breakfast, Snack or Evening

Variations:

Endless! Start with topping a bowl of veggies with this and a little almond milk for breakfast.

Recipe Credit:

Carolyn Jackson

We get our produce from:  www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org