



## Muesli

### Ingredient list for 8 serve:

#### For the bulk muesli mix:

5 cups rolled oats  
2 cups unsweetened shredded coconut  
2 cups sliced almonds  
1/2 cup flaxseed  
1 cup date pellets  
1/2 cup chia seeds  
1 cup golden or brown raisins

#### For 1 serving:

1/2 cup muesli mix  
1/2 cup milk  
1/2 grated apple  
1/4 cup plain yogurt

### Recipe:

Make the bulk muesli mix: Mix all the muesli ingredients in a large bowl, then transfer to the storage container.

For each serving: Mix everything together. Let sit for at least 15 minute before serving.