

Swiss Alps Summer Muesli

In advance

2 1/2 cups rolled oats

1/3 c. buckwheat

1/4 c. pumpkin seeds

1/4 c. sunflower seeds

1/2 c. walnut pieces

1/4 cup dried cranberries and/or raisins and/or chopped dried apricot

- Mix the above ingredients together and store in a mason jar.

For Breakfast

1/4 cup muesli mix

1 Tbs yogurt or Fresh lemon juice

1/2 apple, grated

1 Tbs ground flax

cinnamon to taste

honey or maple syrup to taste

additional fruit of choice

- Scoop out 1/4 cup of dry muesli mix
- Stir in yogurt/lemon and add water until mix is generously covered
- Allow to sit overnight in a bowl on your counter covered in a tea towel or plate
- In the morning- mix in ground flax, apple, cinnamon, honey, fruit and additional water and/or yogurt until desired consistency is achieved.

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