

The Pure Oats Company™



L'avoine pure inc. MC

Lara's Muesli

Yield: 4 portions (½ cup)

*pure oat products

Ingredients:

1½ cup	Oats, rolled, old fashioned *	375 ml
1 cup	Apple juice, milk, rice or soya milk	250 ml
4 tbsp	Yogurt	125 ml
2 tbsp	Flax seed	30 ml
2 tbsp	Sunflower seeds	30 ml
2 tbsp	Dried fruits – raisins, cranberries etc.	30 ml
2 tbsp	Slivered almonds	30 ml
1 tbsp	Honey or maple syrup (optional)	15 ml

Preparation:

In a bowl, soak oatmeal in the liquid - fruit juice, milk or any number of milk substitutes such as soya milk or rice milk overnight in the refrigerator or for at least an hour in the refrigerator before you want to eat it.

Just before eating, add other ingredients and mix well. Depending on how thick you like your mixture add more or less yogurt.

Honey or maple syrup can be added depending on how sweet you like your cereal. Top with fresh berries, banana or fresh fruit salad.

Other ingredients like seeds, dried fruit, almonds are only suggestions – be creative!

Each ½ cup serving has 26 grams of oats.

Enjoy!!!