



BIOSÜDTIROL

Organic farmer Rosi serves: Apple-Nut Muesli

Preparation time: 20 minutes

Difficulty: easy

Ingredients (2 portions)

- 2 apples, finely chopped (e.g. Gala)
- 5 walnuts
- 5 hazelnuts
- 1 tbsp sunflower seeds
- 1 tbsp linseeds
- 2 tbsp dried fruit (persimmon, pears, sultanas, dates, ...)
- 3 tbsp muesli base or a 5-grain mix
- 1 tbsp lemon juice
- 50 ml hot water
- 1 pinch cinnamon
- 1 tsp honey

Preparation

Combine the muesli base and the linseeds with the dried fruit. Pour hot water over the dry mix and allow to soak for 15 minutes. Add the chopped apples and nuts, combine and season to taste with cinnamon, lemon juice and honey.

Rosi's Tip:

Save time in your daily routine and mix larger amounts of muesli base, linseeds and dried fruit up in advance and store in an airtight container - ready for use through the week.