

ANNALISE'S ACTIVATED OAT MUESLI

This is well worth the effort. By soaking, or 'activating' then baking the oats they become incredibly easy to digest and keep you going for hours.

INGREDIENTS

900g/1kg rolled oats
1/2 cup of ground almonds or finely desiccated coconut (optional)
500g yoghurt or kefir milk
1/2 cup coconut oil melted
3 generous tbsp of either honey, rice or maple syrup
3 cups water
2 teaspoon ground cinnamon
2 teaspoon ground ginger
1 teaspoon natural vanilla extract
Seeds, nuts and dried fruit to taste – roasted almonds, five seed mix (sunflower, flax, chia, pumpkin and sesame seeds) dried blueberries and freeze-dried strawberries are a fabulous combo



METHOD

Place all the ingredients except the seeds, nuts and dried fruit in a large bowl and mix together well. Cover with a clean tea towel or saucepan lid and leave to soak for 12-24hrs.

Preheat the oven to 90°C

Spread onto a baking tray lined with greaseproof paper in an even layer if possible – its likely to be quite clumpy.

Bake, checking the mixture every 30 – 45 minutes and breaking the clumps down into smaller pieces until you have a crumbly, granola like texture. This is likely to take 2 hours or more. Once you have the pieces to your preferred size increase the heat to 120°C and bake until well toasted. Stir every 10 or so minutes to insure an even coverage. Once cooled add the seeds, nuts and dried fruit. Pop into an air tight container, it will last for quite a while.