

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Muesli

2 cups rolled oats  
1/2 cup dried fruit (raisins, apricots, apples,  
etc.)  
1/4 cup chopped nuts (almonds, walnuts, or  
pecans)  
2 Tbls raw sunflower seeds  
1 Tbls raw pumpkin seeds

Mix all ingredients together and store in an  
airtight container.

To serve add 1 tsp sweetener (agave,  
honey, or cane sugar) and about 1/2 cup  
almond milk to 1/2 cup muesli mix. Top with  
fresh fruit.

The muesli can be soaked overnight in water  
to soften before adding other ingredients.

