



Krista Harrison, RHN, NNCP  
Registered Nutritionist, Natural Nutrition Clinical Practitioner, Certified Reflexologist  
(519) 841-2061  
kristaharrison@rogers.com

## **10 Minute Muesli**

### ***Ingredients:***

2/3 cups oats

1-2 tbsp Chia Seeds or Mila

1 1/4 cup unsweetened almond milk

1/4 cup of raisins or dates

1/2 an apple, chopped

1/4 cup of pecans, pumpkin seeds or sunflower seeds

1/4 teaspoon cinnamon

Raw Honey or Organic Maple Syrup to taste

### ***Directions:***

At night, place the oats, chia seeds and 1 cup of the almond milk in a glass jar with a lid. Put the jar in the fridge overnight.

In the morning, take the jar out and place it on the counter for 10 minutes.

In the meantime, chop up the apples and measure the rest of the ingredients

When ready, put the oats in a bowl and add the apples, raisins or dates, nuts or seeds, cinnamon and honey (if desired) along with the remaining almond milk.