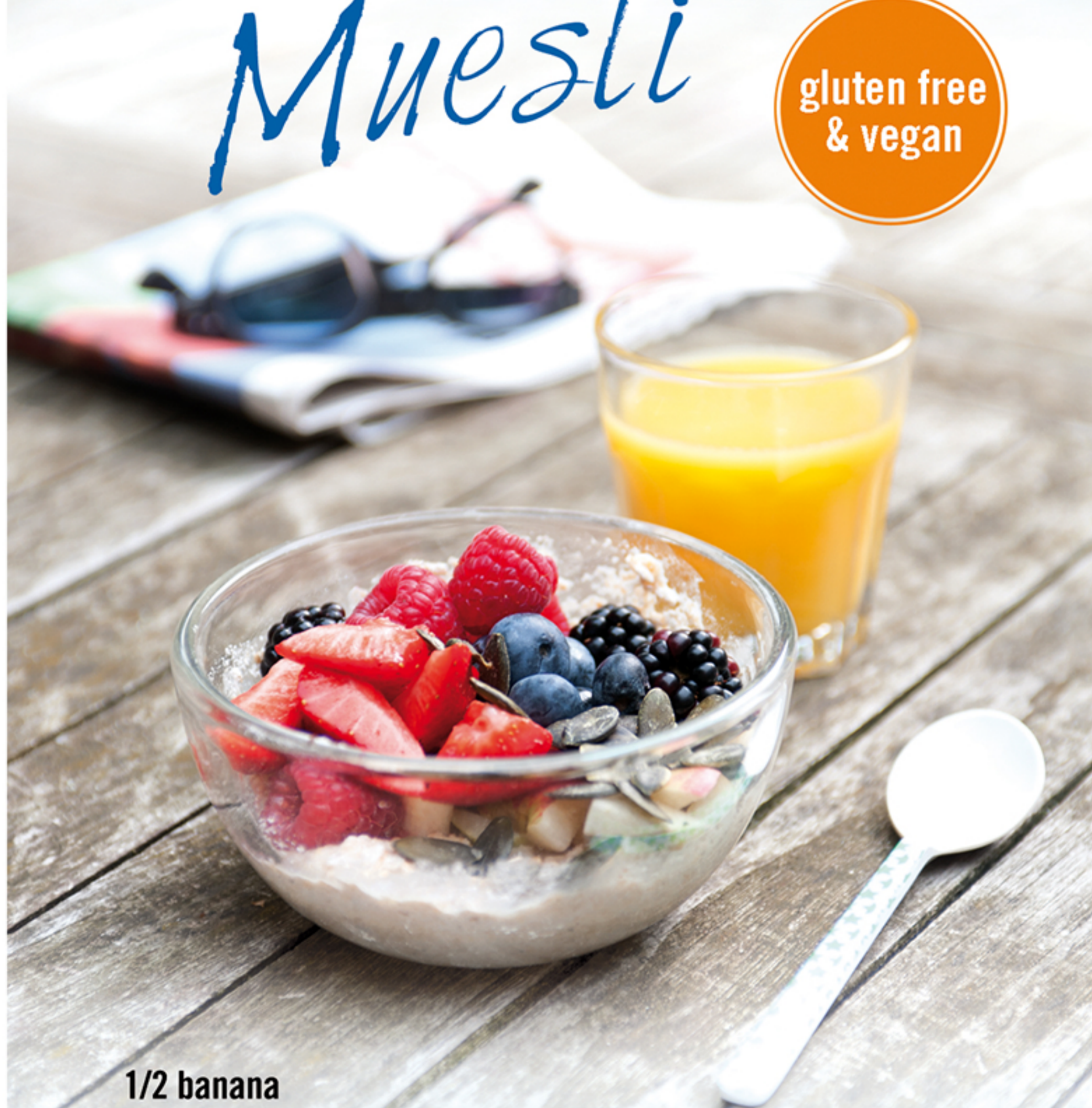




Wolfgang's Muesli

gluten free
& vegan



- 1/2 banana
- 3/4 cup oat groats
- 1/3 cup berries (fresh or frozen)
- 1/3 cup almond milk (or more, as needed)
- 1/2 apple, diced (or seasonal fruit such as pears, plums, peaches, etc.)
- Nuts according to taste

Evening before:
If using frozen berries, place them in the fridge to thaw



Preparation:
Using a fork, mash the banana into a smooth paste.

Grind the oat groats on a coarse setting.

Add berries, then almond milk. Stir these ingredients together to achieve a nice consistency, then add the apple pieces.

For variety, try serving all the fruit on top of the rest (photo).

I like to add a heaping tablespoons of pumpkin seeds; nuts also make a nice addition.



Enjoy!
Wolfgang Mock

