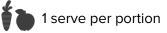
Sultana and Pepita Muesli

Serves: 10 Prep time: 5 minutes Cook time: 0 minutes



Ingredients

500g rolled oats 1½ cups oat bran 1 cup sultanas ⅓ cup pepita seeds ⅓ cup sunflower seeds Fresh fruit, to serve Plain Greek yoghurt, reduced fat, to serve Milk, low fat, to serve

Method

COMBINE oats, oat bran, sultanas and seeds in a bowl and mix well. STORE in a sealed container. SERVE with $\frac{1}{2}$ cup fresh fruit per serve and milk or yoghurt.

Recipe courtesy of the Country Kitchens team



Everyday Food

