


## Sultana and Pepita Muesli

**Serves:** 10

**Prep time:** 5 minutes

**Cook time:** 0 minutes

 1 serve per portion

### 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



Everyday Food

### Method

COMBINE oats, oat bran, sultanas and seeds in a bowl and mix well.

STORE in a sealed container.

SERVE with ½ cup fresh fruit per serve and milk or yoghurt.

*Recipe courtesy of the Country Kitchens team*