



## Crunchy GAPS Muesli

Please note: although this is written for a Thermomix it can be done just as easily in a food processor

### *Ingredients:*

- 100 grams raw, unsalted macadamia nuts
- 100 grams raw, unsalted almonds
- 100 grams raw, unsalted pistachio nuts
- 100 grams sunflower seeds
- 100 grams pepita seeds
- 50 grams chia seeds
- 50 grams linseeds
- 100 grams coconut flakes (with no added preservatives)
- 150 grams raw organic honey
- 50 grams coconut oil
- 1 teaspoon vanilla essence (home made preferably)
- 100 grams dried blueberries (with no preservatives added)
- 100 grams dried goji berries (with no preservatives added)

### *Method:*

Preheat your oven to approx. 140°C

Put the macadamia nuts, almonds and pistachio nuts into the Thermomix and turbo chop to desired size and set aside in a large bowl (I usually turbo 2-3 times)

Add coconut flakes, sunflower seeds, pepita seeds, linseeds and chia seeds into the Thermomix and turbo again to desired size (if you prefer you can skip this step and keep them whole) – set them aside in the same bowl as the nuts and mix together.

Add honey, coconut oil and vanilla essence to the Thermomix and heat for 2 mins, 50°C, speed 3 (or put on the stove and gently heat until ingredients have melted and mixed together well)



Pour the honey, coconut oil and vanilla mix over the nuts and seeds you put aside and thoroughly stir through to make sure everything has been coated and is nice and sticky.

Spread evenly in a baking tray or on the Thermomat if you have one and sprinkle with the salt (if you're using) and bake for 20-30 minutes until lightly brown.

Note: I check it every 10 minutes and toss it around to make sure it cooks evenly so I tend to cook it for closer to 40 minutes and it's nice and crunchy but this is personal taste and up to you.

Once done remove it from the oven, leave it to cool and break up into small pieces and store in an air tight container.

This can be served for breakfast with some home made yogurt or eaten as a snack on it's own.