

## SUPERCHARGED MUESLI

210 Calories - 4 mg Cholesterol

### INGREDIENTS

(5 portions)

75 g pumpkin seeds

75 g sunflower seeds

90 g activated sea salt and vinegar almonds

50 g mix of minced crushed linseeds,  
sunflower seeds and almonds

30 g brown rice

1 apple, grated

2 - 3 tbsp lemon juice

silky smooth almond milk

coconut flakes

goji berries

### METHOD

1. Mix all the dry ingredients together along with the grated apple and add lemon juice to taste.
2. Add the desired amount of almond milk and garnish with coconut flakes and goji berries.

