

## **Tiritiri Lodge Low G.I. Muesli**

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The basic recipe consists of rolled oats mixed with a wide variety of freshly ground raw nuts and seeds that are dry baked to improve their flavour and texture. Make it once as per the recipe to get a feel for it then tailor it to meet your personal tastes, just ensure you keep a good mix of all the groups to keep it really good for you.

### Ingredients.

Group 1 (100 to 50 gram lots)

Almonds, cashews, pine nuts, hazelnuts, walnuts, peanuts, macadamia nuts,  
Sunflower seeds, pumpkin seeds,

Group 2 (up to 200 gram lots)

Linseed,

Group 3 (not baked)

1 kg rolled oats,  
200 grams granulated lecithin,  
50 grams wheat germ,

Grind up the nuts and seeds in Group 1 & 2 in a coffee grinder or food processor leaving some coarse bits in the mix and spread on a piece of baking paper in a baking tray and put in the oven at 160 deg C for 30 mins turning once with a spatula at the 15 minute mark. When done mix in the oats, lecithin, wheat germ and a handful of dried black currents, put in a plastic storage container and keep in the frig.

To serve,

3 spoonfuls of muesli per serving, moisten with real apple juice, mix in a table spoon of Greek style yoghurt and top with finely sliced seasonal fruits and berries.