

# BREAKFAST ANZAC MUESLI



SERVES: 6



TOTAL FIBRE: 56 GRAMS

FIBRE PER  
SERVE: 9 GRAMS



PREP TIME: 15 MINUTES

COOKING  
TIME: 15-20 MINUTES



PLANT BASED  
INGREDIENTS: 8



## INGREDIENTS

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1 cup	rolled oats
½ cup	chia seeds
½ cup	flaxseed meal
1 ½ cups	chopped dates or goji berries
1 cup	shredded coconut
1 cup	oat bran (see Tips)
2 tablespoons	golden syrup (see Tips)
2 tablespoons	tahini
	pinch of salt
½ a firm	banana per serve
	olive oil spray

## WHAT TO PREP

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- Preheat oven to 170 degrees celsius fan forced
- Line a flat baking tray with greaseproof paper, set aside
- Measure out the tahini into a saucepan
- Add golden syrup to the tahini & stir through over low heat so it dissolves and combines. (see Tips)
- Put all the dry ingredients into a large mixing bowl & add the tahini mixture
- Make sure all the ingredients are coated in the mixture very well. If it seems a bit dry add a tablespoon of olive oil
- Place on the prepared tray in a single layer & spray with olive oil.
- Pop in the oven for 15-20 minutes, I like mine really toasted & crunchy
- Halfway through cooking, take out of oven & use tongs & turn over mixture and place back in oven
- Let it cool on the tray REALLY well before you put it in an airtight container

## HOW TO PUT TOGETHER

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Place some muesli in a jar or a bowl add some chopped banana, some yoghurt and a drizzle of milk. Add some berries or grated apple as well to bump up the fibre.



## TIPS

If you can't find oat bran, use wheat germ or bran.

If you don't have golden syrup you can use rice malt syrup, honey or soft brown sugar.

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## YOUR NOTES



SOLUBLE FIBRE



INSOLUBLE FIBRE



RESISTANT STARCH