

Muesli (dry mixture)

5 cups rolled oats (not quick oats)
1 cup rye flakes
1 cup barley flakes
1 cup wheat flakes
1 cup raisins
1 cup flax seeds
1 cup sesame seeds (hulled or unhulled)
1 cup unsalted sunflower seeds
1 cup sliced almonds

Optional Additions:

1 cup wheat germ
1 cup pumpkin seeds
1 cup chopped pecans
1 cup chopped hazelnuts
1 cup cashew pieces
1-½ part shredded coconut
1 cup dried pineapple
1 cup dried apricot
...or whatever dried fruits and nuts you like or have on hand

Mix all dry ingredients selected with a large spoon;
store in a sealed container in your breakfast cupboard.
You may also put some into the freezer using Ziploc bags

My favorite way to eat Muesli is a little unconventional...
I start with good old basic Red River cooked cereal,
make it extra runny and cook it only half of normal.
Then I add an equal amount of Muesli, turn off the heat
and when stirred in it thickens up the porridge perfectly...
plus it adds a lot of life to the Red River cereal.

Nutrition Facts	
per serving makes 40 servings	
Amount per serving	
Calories	378
Calories from fat	174
% Daily Value *	
Total Fat 19.4g	30%
Saturated Fat 6.6g	33%
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 40.2g	13%
Dietary Fiber 9.1g	36%
Protein 10.8g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
46% of calories from Fat 42.5% from Carbohydrates 11.4% from Protein	