



ESTABLISHED 1983

WONDAREE RECIPES

WONDAREE MACADAMIA MUESLI

INGREDIENTS

200g of Wondaree Bits-n-Pieces
100g of lightly roasted peanuts
100g of natural almonds
1/2 cup sultanas
1/3 cup of chopped figs
1/4 cup of poppy or chia seeds
1/4 cup of pepita seeds
600g rolled oats (you can add more or less depending on how nutty you like your muesli)
1 tspoon of cinnamon

Toast the macadamias and pepita seeds under a grill on high for 2 minutes — but be careful as they burn quickly!

Combine all ingredients in a bowl and store in a jar or airtight container.

To serve — add seasonal fruit and yoghurt and if you're in need of some extra sweetness, add honey.

A healthy muesli without all the extra sugar!