



## *Grainless Muesli*

Soak a large handful of almonds and a large handful of sunflower seeds in water overnight.

The following morning, drain the nuts and seeds, then blend up the mixture with a cored apple in a Thermomix, Nutribullet or similar. Alternatively, you can finely chop the apple and mix it together with the nuts and seeds.

Serve on its own, or with a spoonful of yoghurt (either dairy, if tolerated, or an alternative like coconut yoghurt or almond yoghurt).

### **Notes:**

- Prior to blending you could also add in pumpkin seeds and/or shredded coconut.
- You can also try this with an alternative fruit of choice