

# MUSLI

This is my own recipe and it is loved by the kids at breakfast time with yoghurt. The smell of the musli when roasting spreads it's self around the school. the ingredients are very cheap, nutritious and with lots of whole grain it keeps the stomachs full longer.

All the ingredients can be organic aswell.

If stored lock tight, it lasts a longtime, so you can roast a big batch at once.

Vanilla sugar 1 dl  
Honey 3 dl  
Vegetable oil 3dl  
Water 4dl  
Salt ½ dl

1.Melt the honey and mix with the other ingredients.

Flax seeds 5 dl  
Rye flakes 1 litre  
Rolled oats 3 kg

2. Mix together with the honey mixture.

3. Roast in baking trays in the oven at 160 degress for about 1 hour, mix and turn the musli every ten minutes while in the oven. The musli should be dry when done.

Cornflakes 5 litre

4. Crumble the cornflakes into the musli.

5. Mix in dried fruits of your choice. Cranberries, raisins, apricots. Your choice really.

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