

OLD JOE'S KAIA GUESTHOUSE

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Old Joe's Kaia's Breakfast Muesli

Mix together:

- 350 g rolled raw oats*
- 300 g mixed dried fruit (cake mix)*
- 100 g slivered almonds*
- 50 g sunflower seeds*
- 50 g sesame seeds*
- 50 g poppy seeds*

Optional Extras:

- 50 g pumpkin seeds*
- 50 g desiccated coconut*

Serve with yogurt of your choice, topped with seasonal fruit and fruit syrup, dried and glaciated fruit pieces for a delicious and healthy breakfast.