

## Homemade Low-Sugar Muesli (Makes 12 Portions)

### You will need:

- 2 tablespoons rapeseed oil
- 1 tablespoons molasses (find this in the sugar aisle – it's a thick black treacle)
- 300g rolled dried oats
- 120g walnuts
- 50g pumpkin seeds
- 1 egg white
- 5 dried apricots - chopped

### How to make it:

Preheat the oven to 150°C/300°F/Gas Mark 3.

In a saucepan combine the rapeseed oil and molasses until warm and fully combined. Add the oats, walnuts and pumpkin seeds.

Beat the egg white in a separate bowl and mix together with the oat mixture.

Spread this out on a baking tray and bake for 30-35 minutes or until golden.

Leave to cool then add the chopped apricots and mix well.

Store in an airtight container.

Combine with milk or yogurt as a healthy breakfast.

### What does this give you?

- 1/2 portion protein
- 1 portion starchy foods
- 1 portion dairy (milk or yoghurt)

The detail: per serving with 135mls skimmed milk: 273kcal, 1.4g saturated fat, 8.1g sugar, 4.2g fibre, 10.6g protein, 0.2g salt

Preparation and cooking time: 1 hour

Approx. cost per serving: less than £1.00

**ALLERGENS: Contains gluten, nuts, eggs and milk. May contain sulphites.**