



Name of the recipe: Gluten Free Muesli

Author: Food Technology

St. Margaret's & Berwick Grammar School - Australia

Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 10 dried dates
2. 10 pitted prunes
3. ¼ cup dried cranberries
4. ¼ cup dried goji berries
5. ½ cup flaked or slivered almonds
6. ½ cup shredded coconut
7. 1 granny smith apple, grated
8. 1 tbsp lemon juice

You may substitute any of the dried fruit by raisins, apricots, peaches, pears, cherries, nuts, pecans, pistachio for what you may have at home.

Steps to prepare:

1. Grate the apple into a mixing bowl and add the lemon juice to avoid it from going dark.
2. Place the dates and prunes into a processor and process for 4-5 short bursts, or until roughly chopped, then add to the apple.
3. Mix all the rest of the ingredients and then serve.
4. Tastes lovely on its own or served with yoghurt.

Note: you may want to keep all the dry ingredients ready to use in a sealed container.