**Power Packed Museli**

**Star of the Show**

**Oats:** Having oats in the morning is a great way to start the day. They are complex carbohydrate, rich in soluble fibre. This helps us release energy slowly, keeping us full. They also contain beta glucans which help break down cholesterol in the body.

**Goji Berries** - Used by the Chinese for many centuries, these anti-oxidant rich, sweet, red berries are great source of protein and fibre as well as containing many other vitamins and minerals.

Recipe – Makes large jar enough for 12-15 servings depending on portion size

**Ingredients**

3 cups of rolled oats

1 cup coconut flakes

½ cup sunflower seeds

½ cup pumpkin seeds

1 cup of mixed nuts – walnut, pecan almonds

¼ cup chia seeds

½ cup Goji Berries

Method:

All all ingredients into a sealed container or jar and enjoy!