



## Multinut Museli\* ( ES )

Serving: 1

Veg

### *Ingredients*

- Makes for 4 days ( Approx 230 grams total )
- 1 tbsp dried Coconut sliced
- 3 tbsp Flax seeds whole
- 2 tbsp Sunflower Seeds
- 2 tbsp Almonds sliced
- 1. 5 tbsp Coconut Oil
- 2 tbsp Pumpkin Seeds
- 1 tbsp Chia Seeds
- 1 tbsp Cranberries dried and Unsweetened (optional)
- 1tsp Roasted Cumin Powder
- 1/2 tsp Chaat Masala
- 1/2 tsp Whole Fennel Seeds
- a few dried Curry leaves
- Dried Red Chillies
- Pink and White Salt to taste
- 1/2 tsp Red Chilly powder (optional)
- 1/4th tsp Turmeric powder
- 1tbsp Stevia powder

### *Preparation Method*

- Heat the coconut oil in a wok. Drop the curry leaves and dried red chillies, fry for a minute or so on medium heat.
- 2. Now drop the sliced coconut, fennel seeds and fry some more.
- Fry the coconut on medium heat
- 3. Add the masalas- turmeric, pink and white salt, chilly powder, chaat masala. Cook for a minute or so and switch off the heat.
- 4. In this hot wok first add the sunflower seeds and keep stirring.
- 5. Now add the pumpkin seeds and stir more.
- 6. Add the almonds and flax seeds. Stir and ensure the nuts get coated with the masala.
- 7. Add the chia seeds right at the end.
- 8. Now add the roasted cumin powder and the stevia and mix lightly.
- 9. Allow the muesli to cool completely before storing in an air tight box.
- 10. Enjoy as a snack or as a side dish. It is rich in fibre and taste