



# Super Healthy Muesli with ZENZO Coconut Yoghurt

Makes 10 serves

Having a breakfast of delicious homemade muesli guarantees you a healthy start to the day, full of gut loving fibre, protein-rich oats, nuts and seeds, and naturally sweetened with dried fruits. Soaking this overnight increases the bioavailability of nutrients promoting better absorption and digestion

**Difficulty Level:** Easy

**Prep Time:** 5 minutes

**Cook Time:** 180 minutes  
(minimum soaking time)

**Total Time:** 185 minutes



## INGREDIENTS

- 4 cups jumbo rolled oats
- 1 cup whole linseeds
- 1 cup desiccated coconut
- ½ cup each of the following; pumpkin seeds, sunflower seeds, diced dried apricots, raisins, sesame seeds, almonds

## HOW TO MAKE

1. Mix all the ingredients together and store in an airtight container.
2. At night, soak 7 heaped tablespoons of the muesli mix in a liquid of your choice (water/freshly squeezed juice/ good quality soy/rice/almond/oat/coconut milk).  
Add any other ingredients, frozen berries flavour it well if added to the soaking muesli.

Serve with a generous dollop of your favourite ZENZO Coconut Yoghurt, and top with chopped nuts, almond slices, sliced banana, fresh berries or juicy persimmon slices - so many delicious seasonal options to choose from!

## OPTIONAL

Freshen this up in summer with some chopped fresh mint and lemon zest or for the cooler months warm it up with a sprinkle of cinnamon or mixed spice - so yum!