

Muesli



Serves	6 - 8 cups
Prep time	15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Breakfast
Misc	Child Friendly , Pre-preparable

Ingredients

- 3 cups Rolled oats
- 1 cup Processed bran
- 1 cup Special K
- 1 cup Puffed rice
- 2 Shredded wheat biscuits (broken into small pieces)

Optional

- 1 cup Cashews (finely chopped)
- 1 cup Dried fruit - Apple, Pear, Banana, Paw Paw (chopped into small pieces)
- 1 tablespoon White sugar
- 1 tablespoon Brown sugar
- 2 tablespoons Sunflower Oil

Directions

1. Toast the oats by placing them in a hot non-stick frying pan and stirring until they are golden brown. Allow to cool.
For a sweeter muesli, or if you can't use dried fruit, mix 1 tablespoon white sugar and 1 tablespoon brown sugar with the oats before toasting them. You can also add 2 tablespoons of sunflower oil for a slightly different flavour.
2. Combine the oats with the remaining ingredients and store in an airtight container.

Note

Low Salicylate / Low Chemical, High Amines if using dried paw paw or banana, Moderate Salicylates if using dried apple

Refer to basics page for [making your own dried fruit](#) or the [shopping list](#) for commercially available preservative and additive free dried fruit.