



## **Ingredients**

4 1/2 cups rolled oats

1/2 cup toasted wheat germ

1/2 cup wheat bran

1/2 cup oat bran

1 cup raisins

1/2 cup chopped walnuts

1/4 cup packed brown sugar

1/4 cup raw sunflower seeds

## **Directions**

In a large mixing bowl, combine oats, wheat germ, wheat bran, oat bran, dried fruit, nuts, sugar, and seeds. Mix well. Store muesli in an airtight container. It keeps for 2 months at room temperature. Serve with your choice of plant-based milk. This is the perfect complex carb, high fiber breakfast to begin your day.