



The Health & Wellbeing Studio

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Grain Free Nut Muesli

This grain free nut muesli is a fantastic way to start your day. Gluten free and packed with protein, fibre and essential fats, this muesli alternative is fantastic for weight loss and will provide sustained energy to keep the hunger at bay between meals.

- Family friendly
- Gluten free options
- Dessert
- Supper
- Salicylate friendly options
- Grain Free
- Weight loss Friendly
- Snack
- Lactose Free Option
- Dairy Free Options
- Breakfast
- Vegan options
- Vegetarian

Preparation time: 5 mins

Ingredients

Create your own ratios to tailor make your muesli to your taste:

Almonds (whole and slithered)

Halved macadamia nuts

Coconut flakes

Pumpkin Seeds

Sunflower Seeds

Flaxseed

Hempseed

To serve:

Berries

Natural Yoghurt or Coconut yoghurt

Instructions:

1. Place all the nuts, seeds and coconut at the ratios you prefer into a container and shake.
2. Place 2-3 tbs of nut muesli into a bowl and 2 tbs of your chosen yoghurt and berries.
You can also stew apple or pear to add as your topping.