**Naturopathic Family Practice of Niagara**

**HOMEMADE MUESLIX**

**Cereal/Porridge Ingredients:**

* 3 cups large flake oats
* 3 cups of puffed millet
* 3 cup of kamut flakes
* 1-2 cups of raisins
* 1/2 cup raw chopped walnuts
* 1 cup raw shelled pumpkin seeds
* 1 cup slivered almonds

**Preparation:**

Mix above ingredients and store airtight in a cool and dry place.

**Portion:** ¾ to 1 cup of the above mixture or consume until satisfied. This mueslix may be consumed as a hot porridge by adding boiling water and covering with a lid for 1-2 minutes. Alternative, you may consume this as a cold cereal by adding either almond or coconut milk.

To enhance your omega-3 consumption, add 1-2tbsp of either ground flaxseed or chiaseed to your individual porridge/cereal.

If your sweet tooth desires a little more, add pure maple syrup or honey to your individual porridge/cereal.