



Paleo Breakfast: Trail Mix Muesli

10 servings. Ready in 10 min.

Ingredients

Nuts, almonds, **3 cups (500 g)**

Raisins, seedless, **1 cup (not packed) (145 g)**

Pumpkin seeds, **1 cup (129 g)**

Nuts, coconut meat, dried (desiccated), not sweetened, **1 cup (88 g)**

Syrups, maple, **2 tbsp (40 g)**

Honey, **2 tablespoons (40 g)**

Vanilla extract, **1 tsp (5 g)**

Seeds, chia seeds, dried, **2 tbsp (24 g)**

Oil, coconut, **2 tbsp (26 g)**

Coyo Yogurt, **2 portion(s) (250 g)**

Strawberries, raw, **2 cup, halves (304 g)**



Instructions/Preparation

1. Preheat oven to 165 °C (330 °F).
2. Add two and a half cups of whole nuts (reserve the rest as whole nuts) and the dried fruit to a food processor. Process the mixture into medium size crumbs, some of it will turn into finer flour/meal like consistency but that's what we want - a variety of shapes and sizes. Transfer to a large bowl.
3. Add the remaining whole nuts and the rest of ingredients, excluding chia seeds. Mix well and use a wooden spoon or a spatula to break down the clumps which will form when coconut oil and honey come into contact with dry ingredients. It's ok if some of them remain unbroken.
4. Grease a large baking tray with some coconut oil or ghee and line it with baking paper, making sure the sides are covered. Spoon the mix into the tray and flatten with a spatula.
5. Bake in three stages. First bake for about 12 minutes and then stir the mix as the top would have browned by now. Then bake for 8-10 minutes and stir again. Finally bake for the last 4-5 minutes.
6. Remove and let it cool completely. The mixture should have turned crispy and dark golden brown.
7. Finally add chia seeds and transfer to an air-tight container. You can leave it out of the fridge for a few days but it will keep longer, for up to two weeks, if you refrigerate it.
8. Add Coyo yogurt at end with berries and or fruit and enjoy...

Extra comments/notes

Keep rotating nuts, seeds, and berries for variation..

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Nuts, almonds, 3 cups (500 g)	289.5 kcal	10.6 g	25 g	10.8 g
Raisins, seedless, 1 cup (not packed) (145 g)	43.4 kcal	0.5 g	0.1 g	11.5 g
Pumpkin seeds, 1 cup (129 g)	72.1 kcal	3.9 g	6.3 g	1.4 g
Nuts, coconut meat, dried (desiccated), not sweetened, 1 cup (88 g)	58.1 kcal	0.6 g	5.7 g	2.1 g
Syrups, maple, 2 tbsp (40 g)	10.4 kcal	0 g	0 g	2.7 g
Honey, 2 tablespoons (40 g)	12.2 kcal	0 g	0 g	3.3 g
Vanilla extract, 1 tsp (5 g)	1.4 kcal	0 g	0 g	0.1 g
Seeds, chia seeds, dried, 2 tbsp (24 g)	11.7 kcal	0.4 g	0.7 g	1 g
Oil, coconut, 2 tbsp (26 g)	23.2 kcal	0 g	2.6 g	0 g
Coyo Yogurt, 2 portion(s) (250 g)	180.4 kcal	0.5 g	4.2 g	0.8 g
Strawberries, raw, 2 cup, halves (304 g)	9.7 kcal	0.2 g	0.1 g	2.3 g
TOTAL	712 kcal	16.6 g	44.6 g	35.9 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.