

POST BARIATRIC SURGERY RECIPE

Super Crunchy Muesli



Breakfast is a really important meal for everyone. This is a great muesli base that you can vary by adding different fruits. It is a good recipe for around **3 months onwards** after bariatric surgery. This mixture is really very crunchy and will remind you to take your time and **chew very carefully!**

Try it with natural yogurt or a small dash of milk. Having a mixture of cereals and seeds gives this a low to medium GI rating, even though it has a small amount of honey.

Number of servings approx **30 x 30g portions**

Nutrition	per 100g (Basic mixture)	per 30g portion
Energy kcals	510	153
Protein g	14	4.2
Carbohydrate g	31	9.3
Fat g	37.4	11.2

Ingredients

300g Rolled Oats
 100g Wheat, Rice, Soya or Oat bran
 300g Mixed seeds (Sesame, Pumpkin, Sunflower)
 200g Mixed Chopped nuts (Cashews, Brazils, Walnuts, Almonds)
 60ml Groundnut Oil
 2 Teaspoons runny honey

Your choice of chopped dried / fresh fruits/ berries

Method

- Combine the honey and oil, add to all the other dry ingredients and mix well to combine.
- Spread loosely onto one to two baking sheets and bake for approx 30 minutes (Gas 2 140°C)
- Allow to cool thoroughly.
- Add dried fruits and mix well, or leave the mixture as a basic one allowing you to add a choice of fruits each day as you serve.
- Store in an airtight container.