



DIY OATY FRUITY CEREAL

SERVES 12 | 10 MINUTES

Eating a tasty, nutritious breakfast is a great way to help kick-start your day the best way you can. Make a big batch of healthy cereal, then store it in an airtight container for up to four weeks. I've given you two great ways to serve it here, but feel free to come up with your own ideas.

JAMIE OLIVER'S FOOD REVOLUTION

Jamie is urging all of us to cook for our lives. This recipe is one of Jamie's 10 Food Revolution recipes that together can teach us all the skills we need to feed ourselves and our families good, nutritious food for years to come. For all 10 recipes go to jamiesfoodrevolution.org and celebrate the power of fresh, healthy, real food.

INGREDIENTS

for the cereal:

2/3 cup dried fruit, such as golden raisins, raisins, dried apricots

3/4 cup mixed unsalted nuts, such as almonds, hazelnuts, walnuts

1/3 cup mixed seeds, such as pumpkin, sunflower, sesame, poppy

4 cups quick-cooking oats (not instant)

optional: 1 teaspoon ground cinnamon

milk or plain yogurt, to serve

for bircher muesli (serves 4):

1 apple

roughly 400ml milk

EQUIPMENT

Measuring cups

Cutting board

Knife

Large mixing bowl

Optional: measuring spoons

Wooden spoon

Airtight container

Optional: box grater

Optional: plastic wrap

STEP-BY-STEP

