HOMEMADE MUESLI RECIPE

INGREDIENTS

* 5 cups whole-grain flakes (such as barley, quinoa, Kamut, rye, or spelt flakes, or a mixture)
* 3 3/4 cups oat flakes or quick-cooking oats
* 2 tablespoons wheat bran (optional)
* 3 tablespoons seeds (such as flaxseeds, sunflower seeds, pumpkin seeds, sesame seeds, chia seeds, or a mixture)
* Up to 5 cups mixed dried fruits (such as chopped apricots or dates, golden raisins, raisins, apples, coconut shavings, goji berries, or a mixture)
* 1 cup mixed nuts (such as Brazil nuts, walnuts, cashews, almonds, pecans, or a mixture), chopped
* Chunks of chocolate or dried banana chips (optional)

DIRECTIONS

* 1. Preheat the oven to 350°F (176°C).
* 2. Mix the grain flakes, oats, and bran, if using, on a rimmed baking sheet and spread the muesli so it’s 1/4 to 1/2 inch deep. (You may need 2 baking sheets.) Bake for 6 to 8 minutes, or until the grains look lightly toasted (but not browned) when you stir them with a spoon. Transfer the toasted flakes to a plate or another baking sheet and let cool to room temperature. Dump the flakes in a large bowl. (If you prefer raw homemade muesli, just mix the grain flakes, oats, and bran, if using, in a large bowl and skip the oven part.)
* 3. Stir in the seeds, dried fruits, nuts, and chocolate or banana chunks, if using, as well as anything else you want to add to the grains. Dump the muesli into an airtight container and store at room temperature.

VARIATIONS

* **The Author’s Favorite Homemade Muesli**
* Follow the instructions above, using 2 1/2 cups barley flakes, 2 1/2 cups rye flakes, 3 3/4 cups oat flakes, 2 tablespoons wheat bran, 1 1/2 tablespoons pumpkin seeds, 3/4 cup roughly chopped Brazil nuts, 3/4 cup chopped dried apricots and raisins, a handful each broken dried banana chips and coconut shavings, and 3 tablespoons chia seeds.
* **Superfood Homemade Muesli**
* Follow the instructions above, using 5 cups quinoa flakes, 5 cups oat flakes, 1/2 cup goji berries or dried blueberries, 1/2 cup chopped dates or prunes, 4 tablespoons chia seeds, 2 tablespoons flaxseeds, and 4 tablespoons toasted blanched almonds.
* **Gluten-Free Homemade Muesli**
* Follow the instructions above, using 2 1/2 cups gluten-free oats, 5 cups quinoa flakes, 2 tablespoons flaxseeds, 2 tablespoons sunflower seeds, 3/4 cup toasted, roughly chopped, whole almonds, and 3/4 cup dried fruit.