**High-fibre muesli (V)**

Makes about 18 breakfast bowlfuls

* 300g oats
* 100g All-Bran
* 25g wheat germ
* 100g dark raisins
* 140g ready-to-eat apricots, snipped into chunks
* 50g golden linseed
1. Mix everything in a large bowl. You can store this for up to 2 months in an airtight container. When you're ready to serve, pour lots of chilled milk over and let it soak for a few minutes.