**Muesli with Dried Fruit and Nuts**

**Recipe**
4 cups regular or steel-cut oats
1/2 cup chopped nuts (pistachios, walnuts, pecans or almonds)
1/2 cup raisins (or dried berries)
1/2 cup ground flaxseed

1. **Method:**
 Combine all ingredients in a mixing bowl and transfer to a sealed container and refrigerate
2. To serve: combine 1/3 cup muesli with 2/3 cup skimmed milk and allow to stand for 1/2 hour or overnight,
3. add Greek yogurt or sliced banana if desired.