

Beener Muesli Breakfast Mix

1 quart (approximate) 2.0 quart mixture

1.25 Cups Oats-whole Grains 2.5 cups

½ Cup Barley ½ cup

½ Cup Wheat ½ cup

¼ cup Buckwheat ½ cup

¼ cup Millet ½ cup

1/8 cup Sesame ¼ cup

1/8 cup Flax ¼ cup

¼ cup Prunes ½ cup

¼ cup Raisins ½ cup

1/8 cup Apricots ¼ cup

1/8 cup Dates ¼ cup

¼ cup Figs ¼ cup

¼ cup Peaches ¼ cup

Cut fruit into small pieces. Thoroughly mix fruit and grains together. Add water and let soak overnight. Add soy or rice milk cold. Eat 2 to 5 tablespoons per day. In Grand Junction, all ingredients available at The Vitamin Cottage.