



# Recipes

## Breakfast

### **Muesli**

*Prep Time: 5 minutes*

*Cooking Time: None*

*Yield: 3 servings*

#### **Ingredients:**

- 1 cup rolled oats
- 2 cups almond or soy milk
- 5 to 6 dates, chopped
- 1/2 cup sunflower seeds

#### **Direction:**

1. Soak all ingredients overnight covered and it will be done by the morning without cooking!

#### **Variations:**

Add shredded coconut, raisins or brown rice syrup before eating.