

CHOPPED BREAKFAST CEREAL (or Raw Apple Muesli)

Yield: varies

Ingredients:

Apples – cored and chopped

Frozen fruit – cut into cubes if needed for the food processor
(such as peaches, persimmons, blueberries, strawberries)

Seeds – hemp, pumpkin, sunflower

Nuts – almonds, Brazil, walnuts (it is helpful to soak almonds overnight)

Raisins, figs, mulberries, or other dried fruit

Pinch of salt

Cinnamon

Directions:

Place ingredients in a food processor and pulse process until the texture you desire.
Serve with coconut yogurt, almond milk, Buckwheaties or by itself.

Notes:

I use a small personal Cuisinart for this personal sized breakfast cereal. It is very versatile, fast to prepare and keeps me full all morning.