

Breakfast

# Mai's Marvelous Muesli



Ready in **6-8 hours 15 minutes**

Serves **6-8**

## Ingredients

- 2 cups old fashioned oatmeal
- 6 cups of water
- 4 T fresh lemon juice, divided
- 4 Tbsp each coarsely chopped walnuts and pecans, toasted
- 2 medium apples diced and dipped in water with 2 Tbsp lemon juice, then drained
- 1 cup skim milk
- 4 Tbsp condensed milk
- Pinch of salt
- 1 cup each fresh blueberries, strawberries and raspberries

## Preparation

1. Soak the oats in water overnight in the fridge. Drain off water in the morning. (don't cook the oats)
2. Add 2 Tbsp fresh lemon juice to oats, mix well.
3. Add nuts, apples, skim and condensed milk, and a pinch of salt. Mix well.
4. Top with fresh berries.

## **Tips**

You can use whatever fresh berries are in season. You can replace the condensed milk with 3 chopped dates. I like the creaminess the condensed milk provides. I sometimes eat this as dessert. I love it!

## **Spiritual Message from this recipe**

Sometimes we get set in our ways and do the same thing over and over. This recipe reminds us to try something new and experience the delight of something different.