

# MAKE-YOUR-OWN MUESLI CEREAL

Makes 12 servings

This cereal which can be mixed together in five minutes the night before is high in fibre, thiamine and iron and much lower in fat and sugar than many store-bought cereals.

## Ingredients:

- 1 cup (250mL) granola cereal
- 3 cups (750 mL) rolled oats
- 1 cup (250 mL) raisins or chopped dried fruit (such as apricots, cherries, cranberries and dates)
- ½ cup (125 mL) oat bran
- ½ cup (125 mL) wheat bran

## Directions:

1. In an airtight container, combine all the ingredients. (The mixture will stay fresh for a month.)
2. Serve this cereal with yogurt, soy or lower fat milk and top with your choice of fresh fruit.

Note: For younger children, let the milk soak the cereal for a few minutes.



Whole grain oats contain dietary fiber. From just 1/3 cup of granola, you'll get about 4 grams of fiber.