



pudding Pie

Cookery School

Cookery parties and courses to suit all ages

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Homemade Fruit & Seed Muesli Breakfast

serves 4

4 heaped tbsp oats

1 tbsp pumpkin seeds

1 heaped tsp sunflower seeds

1 tbsp dried fruit i.e. apricots/raisins/prunes/dates etc

1 tbsp honey

2 tbsp lemon curd

Approx. 250ml yoghurt

- Mix all the dried ingredients together and add the honey, mix well.
- Divide the mixture to 4 bowls or glasses.
- Add the desired amount of yoghurt and finish with a dollop of lemon curd.
- Eat immediately to ensure a crispy texture.