

Oat Milk with Muesli and Superfoods

This powerful, filling and fiber-rich breakfast will hold you over on days when you're expecting to eat a late-afternoon lunch. The oat milk lasts three days in your refrigerator when stored in a sealed glass jar.

Not keen on oats or simply prefer seeds or nuts? Just replace the oats with the same quantity of seeds or nuts and blend in their place. Almonds, brazils and hazelnuts need soaking overnight, whereas cashews absorb water more quickly so they only need about three hours of soaking.

Oat milk

1 cup whole oats or raw nuts (soaked in tap water)

1 liter spring or filtered water

2 teaspoons coconut oil

1 drop vanilla extract

2 dates

Muesli & Super Foods

$\frac{1}{2}$ cup sugar-free muesli

2 tablespoons Goji berries

1 to 2 tablespoons omega 3-rich seeds (hemp, flax or chia)

To prepare the oat milk:

Soak the oats in tap water for 2 hours and drain. Add the oats and spring or filtered water to a blender and liquidize until smooth. Add the rest of the ingredients and blend for another 30 seconds.

To prepare the rest of the dish:

Pour 1 cup of the oat milk over the sugar-free muesli. Top with Goji berries and seeds.