

Breakfasts

Home-made Toasted Muesli

(makes 10 x $\frac{3}{4}$ cup serves)

Ingredients:

Solids:

- 5 cups rolled jumbo oats
- 1 cup bran
- $\frac{1}{4}$ cup sunflower seeds
- $\frac{1}{4}$ cup sesame seeds
- $\frac{1}{4}$ cup raw peanuts or other nuts to suit
- $\frac{1}{4}$ cup pumpkin or pinenut seeds

Liquids:

- $\frac{1}{2}$ cup concentrated apple or pear juice
- $\frac{1}{2}$ cup honey
- $\frac{1}{4}$ cup oil

Extras:

- 1 cup coconut shavings
- 1 cup finely chopped dried fruit (eg papaya, banana chips, apple, sultanas, etc)

Mix all the dry ingredients together in a large bowl. Mix the liquids together in a saucepan and bring almost to the boil. Thoroughly mix the dry and liquid ingredients, making sure there are no large lumps. Place on a large flat baking tray and bake in a cool-medium oven for 40 minutes, stirring the mixture every 10 minutes – or less to prevent sticking to the pan. Sprinkle the extras over the mixture at the last stirring. When the mixture is dry and browned, allow to cool thoroughly, then store in an airtight container.

Tropical Muesli

(makes 6 x $\frac{3}{4}$ cup serves)

Ingredients:

- 2 cups rolled oats
- 100g dried pineapple pieces, chopped
- 100g dried mango pieces, chopped
- 100g dried paw paw pieces, chopped
- $\frac{1}{4}$ cup apple, pineapple or pear juice
- 2 tablespoons brown sugar
- 1 tablespoon honey
- $\frac{1}{2}$ teaspoon ground cinnamon

Combine all ingredients in a large glass bowl.

Spoon mixture over fruit roll tray.

Dry in a cool oven or in a dehydrator for 2-3 hours or until crunchy.

Store in an airtight container.

$\frac{3}{4}$ cup into a ziplock bag as an individual serve for the hike.

Plain Muesli

Combine $\frac{3}{4}$ cup toasted muesli and 2 tablespoons dried milk powder into a ziplock bag. At breakfast, add water to the mixture, stir to dissolve the milk powder, and eat.

Muesli and Apricots

$\frac{3}{4}$ cup toasted muesli in a ziplock bag

6-8 dried apricots and a dessertspoon of sugar in a ziplock bag

2 tablespoons dried milk powder in a ziplock bag

The night before you wish to eat the muesli, place the apricots and sugar in a $\frac{1}{4}$ cup warm water to soak. (Secure away from night time possums!) At breakfast, mix $\frac{3}{4}$ cup of warm or cold water into the milk powder and stir. Pour the milk over the muesli and add the apricot/sugar mix.

Cornflakes and strawberries

$\frac{1}{3}$ cup dried strawberries and 1 cup cornflakes into a ziplock bag.

1 small carton UHT cream or milk.

Serve the cereal and strawberries in a plate with cream or milk over the top.