

Adrian's Muesli

A mixture which contains a high proportion of carbohydrate, fibre, and dried fruit, but unlike many packaged breakfast cereals has little fat and added sugar.

Ingredients

300gm Porridge Oats

250gm Dried Apricots (Genuine sun dried ones, not ready-to-eat wet soggy ones)

250gm Raisins, or equal parts of raisins and dried cranberries, if you like variety

250gm Grape Nuts (If you cannot obtain or do not like Grape Nuts, the plain version of Nestlé Fitness is a good alternative, but the large flakes need to be well crumbled)

150gm Bran Flakes

Method

I find it best to make up this mixture in an old-fashioned sweets jar, such as one used to see in confectioners half a century ago. Start with the porridge oats, because these will serve to coat the pieces of fruit to stop them sticking together. Snip the apricot pieces into the oats, cutting each apricot half into about eight pieces. Do this in four or five instalments, shaking the jar in between each to ensure that the apricot pieces stay separated. Then add the raisins, after rubbing them with your fingers to separate them; these can be added all together, and the jar shaken again. Follow these with the cranberries, if you are mixing the two. Add the Grape Nuts, and then the Bran Flakes. You may find it worth while crumbling the Bran Flakes somewhat before adding them, so that the total volume does not become excessive. Finally put the lid on and shake and tumble the jar until the ingredients are well mixed.

I used to aim at three heaped tablespoonfuls per serving, but I found that the amount which stayed on the spoon could vary considerably, so I now weigh out 50gm for a serving; it takes no longer.