



Cherry Cardamom Muesli

INGREDIENTS

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| 1 cup old fashioned oats (not instant) | 1 cup milk; dairy, nut or coconut |
| 1 cup cherries; fresh or defrosted; halved | 3 TBS chia seeds |
| 3 TBS almonds; slivered or chopped | 3 TBS raw pumpkin seeds |
| 1 TBS lemon juice | 2 teaspoons cinnamon |
| ¼ tsp cardamom | 1 TBS maple syrup or honey |

DIRECTIONS

Mix all the ingredients together in a bowl until combined. Eat all ingredients raw OR let soak for two hours or overnight until soft OR cook it up until warm. Makes 2-3 servings; approximately 300 calories without any toppings/additions.