



VeraVia – Muesli

Ingredients:

½ cup Bob’s Red Mill, organic Muesli (gluten-free)
1 cup coconut water or ½ c. orange juice and ½ c. water

Method:

Let ingredients sit overnight, and then mix with:

- 2 tbsp. dried cherries
- 2 tbsp. ground flax
- ½ apple, thinly sliced
- ¼ cup blueberries
- 1 tbsp. toasted coconut