

Homemade Muesli

Props to Kim Boyce, whose muesli recipe in [Good to the Grain](#) (Stewart, Tabori & Chang, 2010) served as my very direct blueprint. I made a few changes, mostly because I had oat bran but not wheat bran, almonds but not hazelnuts, and rolled oats but not quinoa flakes. I also used the golden berry blend from Trader Joe's. Drizzling with honey at the table allows you control how sweet you want your muesli to be. You'll find the rye flakes and oat bran at Whole Foods or your local natural foods store. (Check the bulk bins for the rye.)

Makes 4 cups

1 cup whole, skin-on almonds
1 teaspoon olive oil
1/2 teaspoon salt
2 cups rye flakes
1/2 cup old-fashioned rolled oats
1/4 cup oat bran (sub wheat bran, if desired)
2/3 cup mixed dried fruit of your choice
Honey and milk, for serving

Preheat the oven to 350 degrees. Lay the almonds on a rimmed baking sheet and drizzle with the oil and salt. Use one clean hand to rub the oil and salt into the nuts.

Spread the rye flakes and rolled oats on a second rimmed baking sheet.

Place both baking sheets in the preheated oven. Bake for about 15 minutes, stirring two or three times to brown evenly and prevent burning. (Rotate the sheets halfway through, if desired.)

Scrape the toasted nuts and grains into a large serving bowl and add the bran and dried fruit. Serve warm, drizzled with honey and milk, or cool completely and store in an airtight container.