

# Good Enough 2 Eat

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## Crunchy Toasted Muesli

### You'll need:

#### Dry Ingredients

- 8 cups rolled oats
- 1 cup desiccated coconut
- 1 cup almonds, chopped (in food processor)

#### Wet Ingredients

- 2 bananas, overripe is better
- 1½ cups pitted dates, soaked in hot water till soft, then drained
- 4 teaspoons vanilla essence
- ½ cup water



### Here's what to do:

1. Mix dry ingredients together in a bowl
2. Mix wet ingredients together in a food processor until it forms a runny paste
3. Pour wet ingredients into dry. Mix well
4. Place the mixture flat on large oven trays and bake in oven set to 120 degrees for 90 mins (2 hours if you like it crunchier). No need to use Glad Bake or oil on trays as the mixture doesn't stick.
5. Allow to cool and then keep in an airtight container in the cupboard

*This is double the mixture and lasts 2 weeks if you have 1 cup a day.*

