



Easy Muesli

2 cups Old Fashioned Oats
2 tbsp. Brown Sugar, heaping
1 cup Vanilla Soy Milk

Optional Ingredients:

- Dried Apricots
- Orange flavored Craisins
- Raisins
- Sunflower Seeds
- Pecans
- Almonds

Mix brown sugar and oats. Pour in enough soy milk to cover the oats and brown sugar. Place in the fridge over night.

Serve cold with yogurt and fresh fruit.

Submitted by: Michael Short
Featured at the 2008 Outdoor Women's Program Wilderness Cuisine
Session