

Mischievous muesli

If you're someone who worries about sugar so therefore reads the back of boxes of muesli and... doesn't understand anything those tables say...

But you're also someone that just tastes sugar when you buy store bought muesli, then this is the recipes for you!

Before embarking on this journey, please be advised that this will take a long time. It is not hard, but it is frustrating. It is fiddly. It is very time consuming. You will need to have an entire day in the house, preferably with an entire series of something fabulous to catch up on. You also will have time while the muesli is baking to get other things done; washing, vacuuming, flipping your mattress. Think of this as your opportunity to have a day stuck in domestic limbo. If this sounds like your first stop on the way to the other 6 circles of hell, please buy some muesli from a local market (super or farmers—your choice).

Otherwise, be prepared to have a very involved, messy day.

Step one through five:

Think about making muesli. Do absolutely nothing about it.

Ingrid Taylor-Moss

Then, go to the nearest bulk nut store, mine is 2 hours away. Therefore, never go and then when you go buy these ingredients in vast quantities—this will make a shit-tonne of muesli so you won't have to make it again for a long time:

Puffed quinoa 500g

Puffed millet 500g

Puffed rye 500g

Pecans 5kg

Walnuts 5kg

Flaked almonds 2kg

Pepitas seeds 1kg

Goji berries 500g

Flaked coconut 500g

Please note: if you don't like any of these, don't add them. If you don't like all of these, don't make this muesli.

Please note (for a second time): if any nuts are on special, buy them. The almonds don't have to be flaked, and you can buy the walnuts that have been broken and are on the bottom of the shelf.

You can buy these ingredients from the supermarket... but then this muesli would be v v v pricey. You will have to buy these from the supermarket though:

Pineapple juice (less than a bottle)

Rolled oats 2kg

Step six:

Preheat the oven to what I think may be 160 degrees. It is hard to say what the actual temperature is... as my current oven runs cool. This might show that the temperature isn't incredibly important. We are not making meringues or soufflés.

Step seven:

Put nuts (not seeds) in a large tub and mix together. I use the tub I normally keep my Peter Rabbit curtains from my childhood in (I do wash them both before and after).

Ingrid Taylor-Moss

Add some nuts to the number of trays that you can fit in the oven (mine is only 3).

Dribble pineapple juice all over (think damp, not wet). Then, bake until dry and lightly brown!

This takes about 20-40 min depending on the oven...

Keep in mind pecan and walnuts go from being lightly brown to burnt in a very small amount of time.

Chuck baked nuts into another tub—don't confuse the tubs.

Repeat... for the next 6 hours...

Step seven:

When everything is baked, add puffed ingredients, berries, coconut, and seeds in with the baked nuts. Do not bake any of these. They will burn. You will then have to pick out each individual goji berry from a ton of nuts. It is not fun.

What is fun is enjoying the muesli the next day!

This recipe can be used for standard muesli with your choice of milk, as a snack on your desk as you write, or in a smoothie bowl.

Step seven:

Wash tubs (this will take a few days).