Toasted Muesli

1 1/2 cups old fashioned oats

1 cup barley

1 cup rye flakes

1/2 cup flaxseed meal

1/2 cup pumpkin seeds

1/2 cup chopped almonds

1/4 cup pistachios, chopped

1/4 cup golden raisins

1/4 cup dried cherries

1/4 cup dried apricots, chopped

pinch of sea salt

Spread the oats, barley flakes, rye flakes, flaxseed, pumpkin seeds, almonds and pistachios on a baking sheet.

Bake 10 minutes at 325.

Add fruit and salt. Stir to combine.

Store muesli in a cool, dry place and in a container with a tight fitting lid.