



Five Spice Mueslix

Prep time: 30-45 minutes Cook Time: Servings: 12

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Flax seeds		Toasted	1 Tbsp
Medjool dates		Pitted and diced	1/2 Cup
Vanilla Greek Yogurt			1 QT
Chia seeds			1 Tbsp
Honey			2 Tbsp
Almond milk			1/2 Cup
Bran cereal			1/2 Cup
Slivered almonds		Toasted	1/2 Cup
Sesame seeds		Toasted	2 Tbsp
Candied ginger		Diced fine	2 Tbsp
Chinese five spice powder			2 tsp
Dried mango		Julienne	1/2 Cup

Instructions

1. Place all of the ingredients into a large bowl.
2. Stir together all of the ingredients until well combined.
3. Cover with plastic wrap, and place into refrigerator for 8-12 hours for flavors to blend.
4. Uncover, stir the mueslix, and serve in cereal bowls.
5. Finish with a drizzle of honey.

