

## APPLE MUESLI WITH MAPLE-PECAN CREAM

This has become a staple in our family as a great breakfast to take on the road or enjoy with a nice cup of tea. It uses all fresh, raw ingredients and I just love the maple-pecan cream on top.

*Makes 1 serving*

### INGREDIENTS

Muesli:

- 1 apple, cored and diced
- 1/4 cup whole raw almonds
- 1 tbsp cranberries, dried
- 1/4 tsp cinnamon
- 1 pinch of sea salt

Maple-Pecan Cream:

- 1/2 cup pecans or pecan butter
- 1/4 cup water
- 2 tbsp maple syrup

### METHOD

Chop up all Muesli ingredients above to a desired size to eat. Blend all Maple-Pecan Cream ingredients in blender until smooth and creamy. Pour on cereal.

