FOOD & COOKING
WITH CHEF ROSS

# Make Your Own Muesli



Preparation: 15 minutes; rest 5 minutes | Cooking: None | Serves: 1 person

## What you need

### Ingredients



- ½ apple, cut into small pieces
- 1 cup rolled oats
- 1 cup milk of your choice
- 2 tablespoons mixed seeds (such as chia, sunflower, pumpkin or flaxseeds)
- ¼ teaspoon ground cinnamon
- Maple syrup, optional

### Equipment



- Chopping board and knife
- Measuring cups and spoons
- Mixing bowl and spoon
- Serving bowl

## Let’s make it



### 1. Prepare

Wash the apple.
Remove the core.
Cut the apple into small pieces.

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## 2. Mix

Put the apple, oats, milk, seeds and cinnamon in a bowl.
Mix well.



## 3. Rest briefly

Leave for 5 minutes, then stir again.



## 4. Serve

Put into a serving bowl.
Add a little maple syrup if wanted.

## Serving and storage

- For softer oats, cover and leave in the fridge overnight.
- Refrigerate at 5°C or colder and use within 2 days, or follow an earlier expiry on the milk.
- Vegan option: Use plant-based milk.
- Check milk and seed allergens.
- In Australia, oats are not regarded as gluten-free for people with coeliac disease.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.