

Chai Spice Pumpkin Seed Almond Muesli

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The Zone @ UC San Diego

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Ingredients

- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon ground cardamom
- 2 cups oats {Use certified gluten-free oats, for a gluten-free version}
- ½ cup sliced raw unsalted almonds, toasted
- ½ cup raw unsalted pumpkin seeds
- 2 tablespoons brown sugar or coconut sugar



Preparation

1. Pre-heat oven to 450 F. Place almonds on a baking sheet and toast for approximately 3-4 minutes.
2. Meanwhile, combine all the spices together in a small bowl. In a large bowl, mix together oats, pumpkin seeds, toasted almonds, brown sugar and spice mixture. Mix well.
3. To serve: Place ½ cup muesli in a bowl and pour ½ milk of choice on top. Heat in microwave oven for 45 seconds to 1 minute, and enjoy!