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Quick and Crunchy Muesli Cereal

Prep Time: 10 mins

Total Time: 10 mins

Ingredients

- 1 small banana(s), (or 1/2 large)
- 1/4 cup(s) oats, rolled, quick cooking, uncooked
- 1 1/2 tablespoon flax seeds, ground
- 1 tablespoon pumpkin seeds

Preparation

1. Cut banana into small chunks and add to serving dish.

2. Add oats, flax seed meal, and pumpkin seeds; stir.

Note: Can also be mixed the night before and kept refrigerated until ready to serve. The consistency of the cereal will be softer.