

Organic Gourmet Muesli

Country of Origin: Canada from domestic and imported ingredients

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/3 cup (50 g) / par 1/3 tasse (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 10 g	16 %
Saturated / saturés 2.5 g + Trans / trans 0 g	12 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 3 g	14 %
Sugars / Sucres 6 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %

Allergen Information:

This product contains almonds, walnuts.

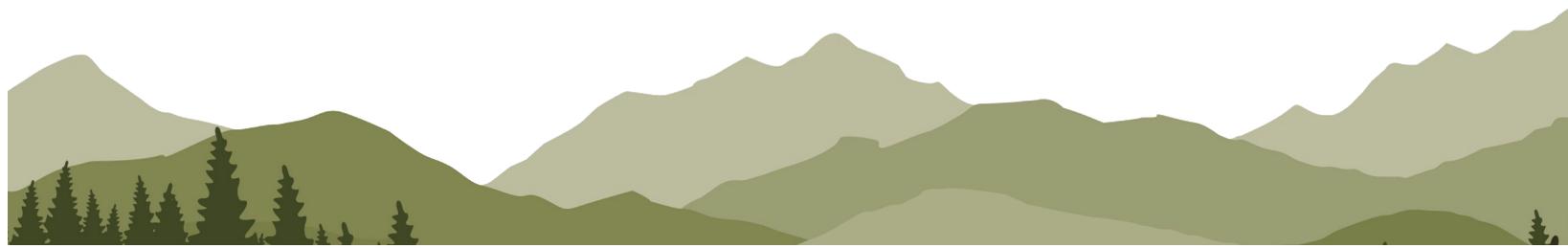
This product may contain sesame, milk, soy, gluten and other tree nuts.

Factoid:

Muesli was created by a Swiss physician named Maximilian Bircher Benner in the early 20th century. In this cereal, he combined uncooked rolled oats, nuts and fruits, as he believed that a diet rich in fresh fruits and vegetables would aid the recovery of his patients.

Ingredients:

Organic gluten free oats, organic Thompson raisins, organic sweetened cranberries (organic cranberries, organic sugar, organic sunflower oil), organic pumpkin seeds, organic walnuts, organic almonds, organic coconut, organic flax seeds, organic quinoa flakes, organic vanilla extract, organic cinnamon.



Recipe:

left coast
ORGANICS

Crunchy Apple and Blackberry Crumble

Ingredients:

900 g Bramley apples

1 1/2 C blackberries

3/4 C Demerara sugar

2 lemons

1 C plain flour

3/4 C butter

1/4 C Demerara sugar

1/2 C muesli

Instructions:

1. Preheat the oven to 200C/400F.

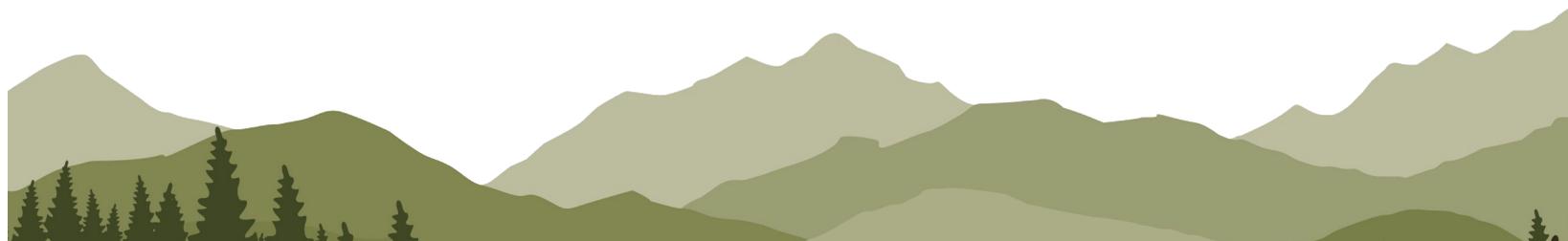
2. Peel, core and chop the apples into small chunks. Cut the lemons in half and squeeze the juice over the apple and mix well. This not only adds flavour but prevents the freshly peeled apples from discolouring.

3. Layer the apples, blackberries, and sugar in a large pie dish (a lasagne dish is ideal).

4. Place the flour in a large bowl and then rub in the butter until it resembles bread-crumbs. Leave a few lumps of butter so that the topping is not too fine. Add the muesli or oat/seed/nut mixture and the sugar and mix through.

5. Use a spoon to sprinkle the crumble topping evenly over the fruit. Bake for 45 minutes or until the fruit is cooked and bubbling juices seep through the topping.

6. Cool for a few minutes and then serve with custard or fresh cream.



Farmer:

Left Coast Naturals

Left Coast Naturals is an organic food manufacturer and distributor based in Burnaby, BC, distributing nearly 30 brands, 200 bulk foods, and two brands of their own - Hippie Snacks and Left Coast Organics. Left Coast Naturals believes food grown and made right can make a difference, taking care to source ingredients from farmers and partners who support organic agriculture, a healthy planet, and healthy communities. They are the first distributor in North America with an official Non-GMO Policy for all of their products. As a certified B Corporation, Left Coast Naturals strives to use business as a force for good in society.

