



Everything HERBAL

BY CHERYL JABZ

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Herbal CEREAL

♥ RECIPES ♥

Lavender Blueberry Muesli

INGREDIENTS

- 2 cups rolled oats
- ½ cup sliced almonds
- ½ cup dried blueberries
- ¼ cup chia seeds
- ¼ cup unsweetened coconut
- ½ teaspoon culinary lavender, finely crushed
- ½ teaspoon cinnamon

DIRECTIONS

Combine all ingredients in a covered container. Serve with milk or yogurt, or refrigerate overnight with milk for a softer cereal.



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ABOUT THIS RECIPE

A light and nourishing cereal with the gentle floral notes of lavender and the natural sweetness of blueberries. Perfect with milk, yogurt, or as an overnight muesli.



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