

# Marathon Muesli

## Cups

8	Cup	Rolled Oats
1	Cup	Flax Seeds (Ground)
1/4	Cup	Fenugreek (Ground)
1/3	Cup	Pumpkin Seeds
1/3	Cup	Sunflower Seeds
1/3	Cup	Chia Seeds (Ground)
2	Cup	Raisins
3/4	Cup	Dried Cherries
1/4	Cup	Goji Berries
3/4	Cup	Chopped Dates
3/4	Cup	Walnuts
3/4	Cup	Pecans
3/4	Cup	Hazelnuts
3/4	Cup	Pistachios
3/4	Cup	Orgain Protein Powder
1/4	Cup	Cinnamon (Ceylon)
1	Tbl	Raw Cacao
1	Tbl	Ginger

**17.63**    **Cups**