

The Kapai Puku® ingredients list

This is roughly correct for what you need to make Kapai Puku ®.

I prefer to make my own and call it the Ola Mix. Read more about my mix, as well as how to mix it up, here: <http://www.velonomad.com/how-to/the-ultimate-cereal-for-cyclists-save-money-with-my-home-made-version-of-kapai-puku>

	Ingredient	Size	Rough cost	Where from
	Buckwheat Kernels	500gm	\$4.55	Supermarket
	Linseeds	500gm	\$4.50	Health shop
	Millet	500gm	\$2.80	Health shop
	Sesame seeds	500gm	\$4.50	Health shop
	Poppy seed	500gm	\$8.00	Health shop
	Rice bran (pellets)	500gm	\$5.00	Health shop
	Amaranth (puffed)	160gm	\$4.50	Either
	Raisins/sultanas	300gram	\$3.00	Supermarket
	Sunflower kernels	500gm	\$4.29	Supermarket
	Pumpkin seeds aka pepita	300gm	\$4.07	Either
	Chia seeds	250gm	\$9.95	Health shop