

Breakfast Ideas Recipe

Bircher Muesli

Preparation time: 10 – 15 minute



Nutrition Facts	
Serving Size: 1 serving (244.1g)	
Servings: 1	
Amount Per Serving	
Calories 210	Calories from Fat 45
% Daily Value*	
Total Fat 4.5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	18%
Sugars 15g	
Protein 11g	
Vitamin A 4%	• Vitamin C 8%
Calcium 20%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients

- 1 Cup Old Fashioned Oatmeal, uncooked
- 1 ½ Cups Reduced Fat Milk, 2%
- 2 Packets Truvia Sweetener
- 1 Tbsp. Fresh Lime Juice (used to keep apples from browning)
- 2 Medium Sweet Red Apples, Grated with skin on, then mixed together with fresh lime juice.
- ¾ Cup Non-fat plain Greek Yogurt
- 1 tsp. Cinnamon
- ¼ Cup Sliced Almonds, crushed
- 1 tsp. Maple Extract (optional)

Method

1. Combine ingredients in large glass bowl, stir until well combined
2. Spoon equally into 4 small Mason Jars, close jars and place in refrigerator overnight.
3. Serve warm or cold. If warming muesli, place in microwave with lid off the jar for about 40 seconds on high.
4. Top with ¼ Cup Blueberries and additional cinnamon to taste.

Serves 4