

5 Minute Muesli

This easy breakfast is perfect to help you power up for a busy day. Whole grains, nuts and seeds help this recipe keep you feeling full and going strong.

Serves 10



Ingredients

- 3 cups old-fashioned rolled oats
- 1½ cups bran or rye flakes
- ¾ cup raisins
- ½ cup dried berries (cranberries, cherries or blueberries)
- ½ cup dried chopped dates
- ½ cup chopped almonds
- ¼ cup sunflower seeds
- ¼ cup ground flax seed
- ½ teaspoon cinnamon
- ¼ cup dried coconut (optional)

Nutrition Facts

Serving Size ¾ cup
Servings Per Recipe 10

Amount Per Serving

Calories 290 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 51g **17%**

 Dietary Fiber 8g **32%**

 Sugars 21g

Protein 8g

Vitamin A 2% • Vitamin C 4%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Measure all ingredients into a large bowl. Mix well.
2. Serve with milk or yogurt, hot or cold.
3. Store up to 2 months in an airtight container in a cupboard or in the fridge.

Please note: nutritional values are approximate.

