

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.

