Very Berry Muesli

Muesli makes a delicious breakfast. Try drizzling with milk.

Makes: 5 servings
Prep Time: 5 minutes
Chill Time: 6-12 hours

Source: foodhero.org recipes, very berry muesli

Ingredients

- 1 cup low-fat fruit yogurt
- 1 cup old fashioned rolled oats
- 1/2 cup nonfat or 1% milk
- 1/2 cup dried fruit (try raisins, apricots, dates)
- 1/2 cup chopped apple (about 1/3 of a medium apple)
- 1/2 cup frozen blueberries
- 1/4 cup chopped, toasted walnuts

Directions

1. In medium bowl, mix oats, yogurt, and milk.
2. Cover and refrigerate for 6 to 12 hours.
3. Add dried and fresh fruit, and mix gently.
4. Serve scoops of muesli in small dishes. Sprinkle each serving with chopped nuts.
5. Refrigerate leftovers within 2 hours.

Utensils Needed

- Medium bowl
- Mixing spoon
- Knife
- Cutting board
- Liquid measuring cup
- Measuring spoons
- Measuring cups

Small Changes, BIG Difference!

Dairy · Protein · Grains · Fruits
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Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	210
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	50 mg
Total Carbohydrates:	32 g
Dietary Fiber:	3 g
Total Sugars:	19 g
Added Sugars:	0 g
Protein	8 g

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Average total cost without oil and seasonings: $11.22

Average cost/serving: $2.24

Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

☐	Add 1 to Cart **Strawberry Yogurt (32 oz)**	Add 1 to Cart **Fresh Apple**
☐	Add 1 to Cart **Old-Fashioned Oats (18 oz)**	Add 1 to Cart **Frozen Blueberries (16 oz)**
☐	Add 1 to Cart **Fat-Free Skim Milk, 1/2 Gallon**	Add 1 to Cart **Chopped Walnuts (8 oz)**
☐	Add 1 to Cart **Dried Raisins (20 oz)**	

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My Cooking Notes

Preparation Tips

- **Substitute any frozen, canned/drained, or fresh chopped fruit for apples and blueberries.**
- **Try adding cinnamon or grated orange peel to boost flavor.**
- **Try plain Greek yogurt in place of the fruited yogurt. Purchasing yogurt in a larger container may lower the unit cost.**

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