

A Healthy and Delicious Breakfast Idea

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-corn-groat-recipe>

Ingredients:

- 2 7/16 cups groats cereals grains and/or, see the table above, 4-5 cups
- 11/16 cup seeds 1 cup
- 1 3/8 cups nuts 2 cups
- 2/3 cup dried fruits 1 1/2 cups
- 1 fruit fresh, per portion to serve
- 1 cup milk or substitutes per portion 1 cup
- 2 teaspoons sweetener per portion
- canela / vanilla / cocoa powder optional

Nutrition:

1. Calories: 950 calories
2. Carbohydrate: 130 grams
3. Cholesterol: 5 milligrams
4. Fat: 42 grams
5. Fiber: 21 grams
6. Protein: 32 grams
7. SaturatedFat: 6 grams
8. Sodium: 90 milligrams
9. Sugar: 31 grams

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