

Swiss Bircher Muesli

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-bircher-muesli-recipe>

Ingredients:

- 2 cups old-fashioned oats
- 1/4 cup ground flax seeds
- 1 pinch cinnamon
- 1/2 teaspoon nutmeg
- 1 cup unsweetened almond milk
- 1/2 cup apple juice
- 1 pear skin left on, grated
- 1 apple skin left on, grated
- 1 cup plain yogurt
- 1/4 cup toasted hazelnuts & almonds
- 1/2 cup blueberries

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 13 grams
6. Protein: 14 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 240 milligrams
9. Sugar: 19 grams

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