

Swiss Muesli

Yield: 8 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-swiss-muesli-recipe>

Ingredients:

- 4 cups rolled oats
- 1/4 cup wheat germ
- 2 teaspoons canela
- 4 ounces almonds whole or slivered
- 4 ounces walnut halves
- 4 apples diced, or other fresh fruit
- 1/2 cup raisins or other dried fruit, chopped
- honey or your favorite sweetener, optional
- milk 8 oz per serving
- egg hard boiled, one per serving

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 25 milligrams
4. Fat: 20 grams
5. Fiber: 10 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams
8. Sodium: 15 milligrams
9. Sugar: 16 grams

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