

Simple Muesli Breakfast (Revamped)

Yield: 1 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-muesli-recipe>

Ingredients:

- 1/2 cup greek yogurt plain 0% fat, or plain Coconut yogurt, for a dairy free/vegan option
- 1/2 tablespoon chia seeds
- 1/4 cup muesli unsweetened, with a mix of nuts, dried fruits, and rolled oats
- 1/2 cup strawberries fresh sliced, whole raspberries, and whole blueberries
- 1/2 banana sliced
- 1 teaspoon honey OR pure maple syrup

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 110 milligrams
9. Sugar: 30 grams

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