

# Bircher Muesli

Yield: 4 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-muesli-recipe-india>

## Ingredients:

- 2 cups muesli Bob's Red Mill
- 2 cups plain low fat yogurt
- 1 cup low fat milk
- 1 apple shredded
- 2 tablespoons lemon juice
- Fresh berries optional garnish

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 7 grams
6. Protein: 14 grams
7. SaturatedFat: 1 grams
8. Sodium: 220 milligrams
9. Sugar: 32 grams

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