

Bircher Muesli Overnight Oats

Yield: 2 min
Total Time: 10 min

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

Ingredients:

- 2/3 cup rolled oats not steel-cut
- 1 cup almond milk regular milk or oat milk
- 1/2 small apple diced or grated
- 2 tablespoons walnuts chopped
- 1/4 teaspoon canela
- 2 teaspoons honey or to taste

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 34 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 35 milligrams
8. Sugar: 13 grams

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