

Homemade Muesli

Yield: 3 min
Total Time: 30 min

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

Ingredients:

- 1 cup rye flakes
- 1 1/2 cups rolled oats old fashioned
- 1/2 cup wheat bran
- 1/2 cup dried cherries currants, or dates
- 1/2 cup hazelnuts
- 1/4 cup pumpkin seeds
- 1/2 teaspoon flax seeds
- 1/2 teaspoon seeds chia
- 1/4 teaspoon cinnamon
- yogurt
- honey

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 10 milligrams
4. Fat: 26 grams
5. Fiber: 12 grams
6. Protein: 16 grams
7. SaturatedFat: 4 grams
8. Sodium: 40 milligrams
9. Sugar: 9 grams

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