



February 17- Very Berry Muesli

Not Smart Snack

Link: <https://www.foodhero.org/recipes/very-berry-muesli-%E2%80%98mew-slee%E2%80%99>

Recipe

Ingredients:

- 1 cup low-fat yogurt
- 1 cup old-fashioned rolled oats
- ½ cup non-fat milk
- ½ cup dried fruit
- ½ cup chopped apple
- ½ cup frozen blueberries
- ¼ cup chopped walnuts

Directions:

1. In medium bowl, mix oats, yogurt, and milk.
2. Cover and refrigerate for 6 to 12 hours. Add dried and fresh fruit, and mix gently.
3. Serve scoops of muesli in small dishes.
4. Sprinkle each serving with chopped nuts. Refrigerate leftovers within 2 hours.

Yields 5 servings

Nutrition Facts	
Serving Size 1 cup (148.95g)	
Servings Per Container 5	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 50mg	2%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 7g	15%
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	