

MUESLI



YIELD 1 SERVINGS
Serving Size: about 2 cups

NUTRITION FACTS PER SERVING

| | | | |
|----------------|-------|----------------------|---------|
| Calories: | 250 | Cholesterol: | 4 mg |
| Carbs: | 38 g | Protein: | 11 g |
| Fiber: | 6 g | Sodium: | 84 mg |
| Fat: | 6 g | Potassium: | ~550 mg |
| Saturated Fat: | 0.5 g | (depending on fruit) | |

INGREDIENTS

- ¼ cup Rolled Oats, dry
- ¼ cup Skim Milk
- ½ cup Vanilla Light Non-fat Yogurt
- 1 cup Fresh Fruit, diced
- Pinch of Cinnamon
- Granola to top, as desired

DIRECTIONS

1. Mix the rolled oats and milk; allow to soak for a few minutes or overnight.
2. Fold in the rest of the ingredients. Eat immediately or refrigerate until ready to serve, up to 1 day.



Jefferson County
Health Center