



Apple Cinnamon Muesli



Recipe from *Eat Dat!*

Ingredients



- 2 cups old fashioned oats
- 1 cup skim or low fat milk
- 2 apples, diced
- 1 cup plain yogurt, preferably Greek
- 1/2 cup nuts
- Cinnamon to taste

Yield: 4 servings
Serving Size: 1.5 cups (1/4 recipe)



Directions



1. Combine old fashioned oats and milk in a bowl and let soak overnight in the fridge.
2. When you are ready for breakfast in the morning, take the bowl out of the fridge and add the yogurt and nuts. Chop up the apples and add to the old fashioned oats mixture. Spoon into 4 bowls and enjoy your breakfast.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to



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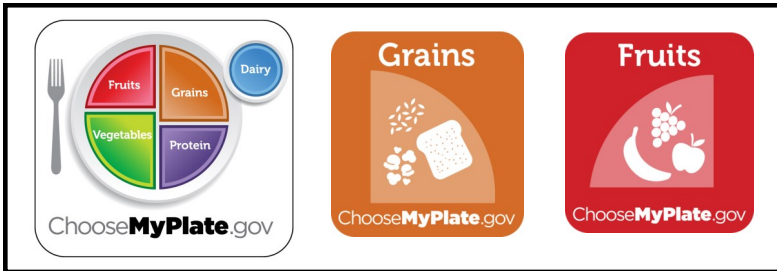
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Fast Facts



Featured Food Groups



Cooking Tips

- Add your favorite fruit or whatever fruit you have on hand.
- Add dried fruit.
- Drizzle honey on top for sweetness.
- Add nut butter if nuts are not available.

Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1.5 cups
Amount Per Serving	
Calories	340
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 45mg	2%
Total Carbohydrate 46g	17%
Dietary Fiber 8g	29%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 16g	32%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

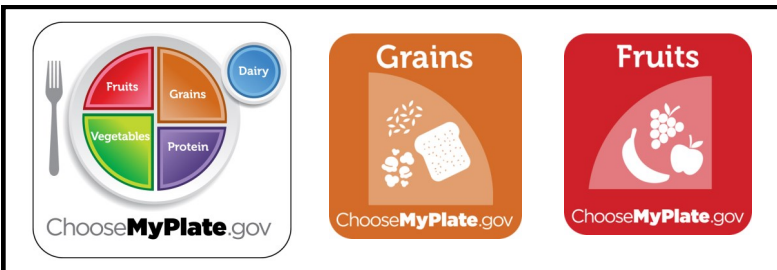
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