



Muesli

Serves: 12- 1/2 cup

amount	unit	Ingredients:
3	cups	rolled oats
2	cups	raisins
0.5	cup	toasted wheat germ
0.5	cup	chopped walnuts, toasted
0.5	cup	chopped almonds, toasted
0.25	cup	sunflower seeds

Combine all ingredients in a large bowl; mix well.

Store in an airtight container. Keep up to 2 months.

You can serve this with cold soy milk, or add soy milk and heat in the microwave to eat warm. Add fresh fruit to make it even more delicious.

Nutritional Information:

Calories: 230; Carbohydrates: 34g; Fiber: 5g; Protein: 6g; Fat: 8g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 10mg