

Cranberry Muesli



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What You Need

1 cup plain yogurt
1 cup unsweetened
cranberry juice
3/4 cup rolled oats (not quick-cooking or
steel-cut)
4 tbsp dried cranberries
2 tbsp unsalted sunflower seeds
2 tbsp wheat germ
4 tsp honey
1/2 tsp vanilla extract
1/4 tsp salt

Recipe taken from: Eating Well www.eatingwell.com
*Make this recipe the night before and
you 'll have breakfast ready when you are!*

Makes 4 Servings

**Per
Serving**

Calories 209
Carbohydrates 37g
Protein 8g
Fat 4g
Dietary Fiber 3g

How You Prepare

1. Combine yogurt, juice, oats, cranberries, sunflower seeds, wheat germ, honey, vanilla and salt in a medium bowl.
2. Cover and refrigerate for at least 8 hours and up to one day.