

FOOD FOR THOUGHT

SUMMER BIRCHER MUESLI



NUTRITION INFORMATION

(per serving):
Calories 364;
total fat 14.8g;
saturated fat 3.8g;
carbohydrates
46g; fiber 11.5g;
protein 15.6g

The original overnight oats! Not, familiar with muesli? This classic breakfast option is comforting, fresh, and hearty all in one. It's packed with nutrients. Step outside your usual breakfast, and try something new!

INGREDIENTS (6-8 servings)

2 cups rolled oats	1/2 cup pumpkin or sunflower seeds
1/2 cup wheat germ	1/2 cup raisins
1/2 cup shredded or flaked coconut	1 teaspoon mixed spice
1/2 cup sliced almonds	1 teaspoon ground cinnamon
1/2 cup flaxseed	1/4 teaspoon salt
1/4 cup chia seeds	

DIRECTIONS

1. Place oats, wheat germ, coconut flakes, almonds, flaxseed, chia, raisins, pumpkin seeds, spices, salt and zest in a large bowl. Toss to combine thoroughly. Store this muesli mix in an airtight container in a cool part of your pantry for up to 2 weeks.
2. To make the overnight soaked Bircher Muesli combine 2 cups of the muesli mix, apple, yogurt, milk, orange juice, and honey in a large bowl. Mix well to combine evenly. Cover and soak in the fridge overnight. Enjoy chilled with fresh seasonal fruit and extra yogurt.