

# October Recipe of the Month

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## Muesli

Muesli is great on top of yogurt or just add milk\*. Make the Swiss version of muesli by adding the milk the night before and refrigerating it overnight. This softens the grains and plumps up the dried fruit.

**Serves: 16**

**Serving size: about ½ cup**

4½ cups rolled oats, not quick-cooking  
½ cup toasted wheat germ  
½ cup wheat bran  
½ cup oat bran  
½ cup dried fruit such as blueberries, raisins, currants, cranberries  
½ cup chopped walnuts  
¼ cup raw sunflower seeds  
2 tbsp Splenda brown sugar blend



### Directions:

Combine all ingredients in a large mixing bowl. Mix well. Store in an airtight container. The muesli mixture will keep for two months.

*\*Use Fairlife nonfat milk to increase the protein. You can also increase the protein by stirring unflavored Unjury protein powder into the yogurt before adding the muesli.*

Per serving: 170 calories, 7g protein, 5g fat (0g saturated), 0mg cholesterol, 26g carbohydrate, 5g fiber, 5g sugar, 10mg sodium

% Daily Value: Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 10%

*Recipe adapted from Allrecipes.com*



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