



Homemade Muesli



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



30

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 cup blueberries



0.5 cup brown sugar



1 cup coconut or unsweetened dry



1 cup raisins



2 cups rice cereal crispy



1 cup apples dried chopped



0.3 cup ground flax seeds



8 cups oats gluten-free for quick (use certified oats)

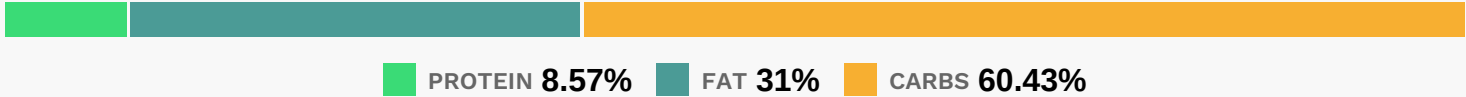
- ☐ 1 cup pecans chopped
- ☐ 1 cup raisins
- ☐ 0.5 cup sunflower seeds
- ☐ 2 cups wheat flakes cereal gluten-free for (use certified oat bran)

Equipment

Directions

- ☐ Mix all ingredients together and store in an air tight container. Use within 60 days.

Nutrition Facts



Properties

Glycemic Index:8.49, Glycemic Load:11.08, Inflammation Score:-5, Nutrition Score:13.725217132465%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg Delphinidin: 1.99mg, Delphinidin: 1.99mg, Delphinidin: 1.99mg, Delphinidin: 1.99mg Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 205.39kcal (10.27%), Fat: 7.57g (11.65%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 28.47g (10.35%), Sugar: 9.82g (10.91%), Cholesterol: 0mg (0%), Sodium: 25.67mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Manganese: 1.41mg (70.6%), Vitamin B1: 0.34mg (22.63%), Magnesium: 83.97mg (20.99%), Fiber: 4.73g (18.93%), Iron: 3.2mg (17.8%), Zinc: 2.42mg (16.13%), Phosphorus: 157.65mg (15.76%), Vitamin E: 2.3mg (15.36%), Selenium: 10.06µg (14.37%), Vitamin B6: 0.27mg (13.32%), Folate: 51.48µg (12.87%), Vitamin B2: 0.21mg (12.44%), Copper: 0.24mg (12.07%), Vitamin B3: 2.38mg

(11.9%), Vitamin B5: 1.15mg (11.46%), Vitamin B12: 0.53µg (8.87%), Vitamin C: 6.22mg (7.54%), Potassium: 209.56mg (5.99%), Calcium: 24.91mg (2.49%), Vitamin K: 2.26µg (2.15%), Vitamin A: 71.14IU (1.42%)