



Homemade Muesli with Red Berries

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons cereal with raisins
- ☐ 2 servings greek yogurt for serving
- ☐ 1.5 tablespoons hazelnuts toasted coarsely chopped
- ☐ 1 tablespoon honey
- ☐ 1 pinch kosher salt
- ☐ 0.3 cup quick-cooking oatmeal recommended: McCann's
- ☐ 6 to 8 raspberries fresh
- ☐ 4 large strawberries hulled ripe sliced

- ☐ 2 teaspoons sugar
- ☐ 0.3 cup hottest tap water

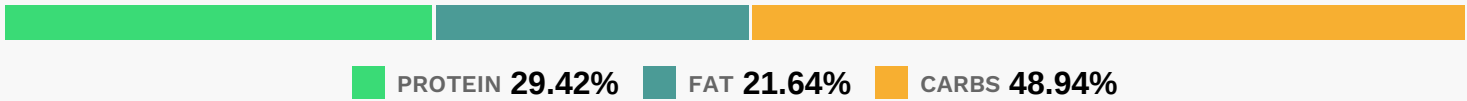
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Measure the oatmeal, hazelnuts, granola, and salt together in a cereal bowl.
- ☐ Pour the water and honey over the mixture, stir, and set aside to soak for 12 to 15 minutes.
- ☐ Meanwhile, toss the strawberries, raspberries, and sugar together in another bowl and allow to macerate while the muesli is soaking. When ready to eat, divide the muesli between 2 bowls; divide the berries between the oat mixtures and stir in.
- ☐ Serve at room temperature with a dollop of yogurt on top.

Nutrition Facts



Properties

Glycemic Index:134.18, Glycemic Load:13.86, Inflammation Score:-5, Nutrition Score:19.24956553397%

Flavonoids

Cyanidin: 4.16mg, Cyanidin: 4.16mg, Cyanidin: 4.16mg, Cyanidin: 4.16mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.48mg, Pelargonidin: 13.48mg, Pelargonidin: 13.48mg, Pelargonidin: 13.48mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 333.66kcal (16.68%), Fat: 8.24g (12.68%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 41.96g (13.99%), Net Carbohydrates: 37.95g (13.8%), Sugar: 24.62g (27.35%), Cholesterol: 10mg (3.33%), Sodium: 98.12mg (4.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.22g (50.44%), Manganese: 1.59mg (79.37%), Vitamin C: 33.86mg (41.04%), Phosphorus: 400.16mg (40.02%), Selenium: 26.64µg (38.06%), Vitamin B2: 0.62mg (36.68%), Calcium: 257.51mg (25.75%), Vitamin B12: 1.41µg (23.45%), Magnesium: 88.76mg (22.19%), Fiber: 4.01g (16.04%), Potassium: 517.4mg (14.78%), Copper: 0.28mg (14.19%), Vitamin B1: 0.21mg (14.07%), Zinc: 2mg (13.36%), Vitamin E: 1.83mg (12.22%), Vitamin B6: 0.23mg (11.35%), Folate: 44.63µg (11.16%), Iron: 1.86mg (10.35%), Vitamin B5: 0.98mg (9.78%), Vitamin B3: 1.02mg (5.1%), Vitamin K: 3.59µg (3.42%)