



Ranch Breakfast Muesli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds raw toasted sliced
- ☐ 3 tablespoons mild honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup regular rolled oats
- ☐ 2 tart apples such as granny smith firm
- ☐ 0.3 cup coconut or dried raw shredded unsweetened toasted

Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, combine oats with 3/4 cup water.
- ☐ Let stand while you prepare remaining ingredients.
- ☐ Put lemon juice in another bowl. Peel 1 apple, then cut out 8 very thin slices. Turn slices in lemon juice and lift out; set aside. Peel and coarsely shred remaining apples into lemon juice; mix immediately.
- ☐ Stir apples, nuts, syrup, and coconut into oats. Divide among 4 bowls.
- ☐ Serve with yogurt if you like; garnish with apple slices.
- ☐ *Agave syrup (also called agave nectar) is a sweetener made from the juice of the agave plant. Find it at well-stocked grocery and natural-food stores.
- ☐ Make ahead: In step 1, combine oats with 1 1/2 cups water; chill at least 2 hours and as long as overnight, then drain (oats will be fuller-textured than when short-soaked).

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:11.73, Inflammation Score:-4, Nutrition Score:10.407391257908%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 238.77kcal (11.94%), Fat: 8.12g (12.5%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 33.85g (12.31%), Sugar: 19.61g (21.79%), Cholesterol: 0mg (0%), Sodium: 5.8mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Manganese: 1.4mg (70.25%), Fiber: 5.93g (23.72%), Vitamin B2: 0.32mg (18.74%), Magnesium: 57.1mg (14.28%), Phosphorus: 133.65mg (13.36%), Vitamin E: 1.76mg (11.76%), Copper: 0.21mg (10.56%), Vitamin C: 8.63mg (10.46%), Selenium: 7.18µg (10.26%), Vitamin B1: 0.14mg (9.11%), Potassium: 289.8mg (8.28%), Zinc: 1.18mg (7.87%), Iron: 1.4mg (7.79%), Calcium: 50mg (5%), Vitamin B6: 0.09mg (4.4%), Vitamin B5: 0.37mg (3.71%), Folate: 14.52µg (3.63%), Vitamin B3: 0.58mg (2.88%), Vitamin K: 2.42µg (2.31%)