



Sunday Brunch: Muesli

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 apples
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 4 servings blackberries ripe for topping--2 peaches or nectarines, a handful of strawberries or blackberries, or a combination of stone fruit and berries
- ☐ 2 tablespoons ground flaxseed
- ☐ 2 tablespoons honey
- ☐ 1 juice of lemon
- ☐ 0.3 cup nuts
- ☐ 0.3 cup oats

- ☐ 0.8 cup water
- ☐ 2 tablespoons wheat germ

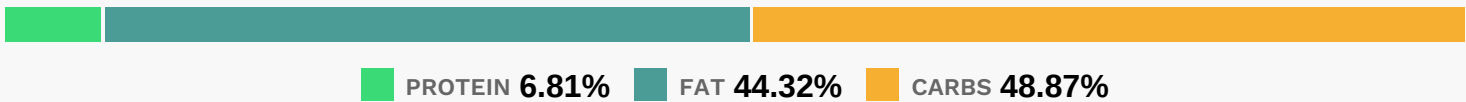
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ The night before you plan to eat muesli, put the oats in a medium bowl and cover with water. The next morning, stir in the cream, honey, and lemon juice. Core the apples but do not peel; grate and immediately stir into the muesli mixture (I use the grating attachment of the food processor for minimum bother). If you like, add wheat germ and/or ground flaxseed. Top with fruit and, if you like, nuts.

Nutrition Facts



Properties

Glycemic Index:52.73, Glycemic Load:9.46, Inflammation Score:-5, Nutrition Score:8.345217405454%

Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 233.15kcal (11.66%), Fat: 12.25g (18.85%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 25.47g (9.26%), Sugar: 18.86g (20.96%), Cholesterol: 16.81mg (5.6%), Sodium: 10.41mg (0.45%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Manganese: 0.86mg (42.93%), Fiber: 4.92g (19.68%), Magnesium: 54.43mg (13.61%), Phosphorus: 125.43mg (12.54%), Copper: 0.24mg (11.97%), Vitamin B1: 0.17mg (11.39%), Vitamin C: 7.5mg (9.09%), Zinc: 1.13mg (7.5%), Selenium: 5.07µg (7.25%), Potassium: 251.37mg (7.18%), Vitamin B6: 0.13mg (6.64%), Iron: 1.1mg (6.12%), Vitamin B2: 0.1mg (6.01%), Folate: 22.18µg (5.54%), Vitamin A: 271.74IU (5.43%), Vitamin B3: 0.89mg (4.47%), Vitamin B5: 0.37mg (3.75%), Calcium: 36.91mg (3.69%), Vitamin K: 2.93µg (2.79%), Vitamin E: 0.36mg (2.37%), Vitamin D: 0.24µg (1.59%)