



Tropical muesli bowls



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g butter for greasing
- ☐ 125 ml clear honey good (acacia is)
- ☐ 300 g oats
- ☐ 85 g macadamia nuts mixed
- ☐ 50 g coconut flakes flaked
- ☐ 1 tsp vanilla extract
- ☐ 85 g fruit mixed dried
- ☐ 1 tbsp ginger finely chopped

- ☐ 500 g yogurt
- ☐ 1 mangos
- ☐ 100 g blueberries

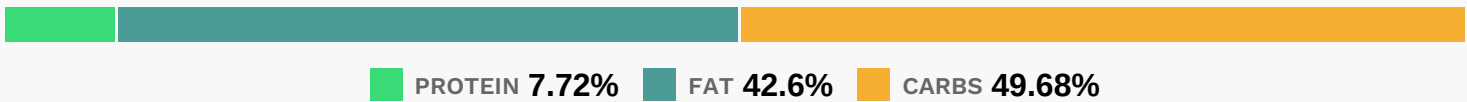
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place the butter, honey and a pinch of salt in a small saucepan, then melt over a medium heat. Tip the rolled oats, mixed nuts, coconut and vanilla into a large bowl, then pour over the melted butter mixture and stir until everything is well coated.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Lightly grease a large baking tray with butter. Tip the muesli mixture onto the tray and spread out until evenly covered.
- ☐ Bake in the oven for 10 mins, then use a spoon to carefully toss the mixture around. Take special care to get into the corners as these may be starting to brown. Cook for 5-10 mins more until the mixture turns a light golden brown. Now mix through the dried fruits and ginger, if using. Leave to cool. Store in an airtight container for up to 1 month.
- ☐ To serve, spoon the yogurt into 4 serving bowls. Peel the mango and, cutting around the stone, thinly slice. Put into bowls along with the blueberries, then scatter over the crunchy muesli.

Nutrition Facts



Properties

Glycemic Index:69.51, Glycemic Load:42.58, Inflammation Score:-8, Nutrition Score:27.198695765889%

Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg Petunidin: 7.88mg, Petunidin: 7.88mg, Petunidin: 7.88mg, Petunidin: 7.88mg Delphinidin: 8.87mg, Delphinidin: 8.87mg, Delphinidin: 8.87mg, Delphinidin: 8.87mg Malvidin: 16.9mg, Malvidin: 16.9mg, Malvidin: 16.9mg, Malvidin: 16.9mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 5.07mg, Peonidin: 5.07mg, Peonidin: 5.07mg, Peonidin: 5.07mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 883.16kcal (44.16%), Fat: 43.57g (67.03%), Saturated Fat: 19.65g (122.83%), Carbohydrates: 114.34g (38.11%), Net Carbohydrates: 101.01g (36.73%), Sugar: 57.36g (63.73%), Cholesterol: 43.13mg (14.38%), Sodium: 152.01mg (6.61%), Alcohol: 0.36g (100%), Alcohol %: 0.12% (100%), Protein: 17.76g (35.52%), Manganese: 4.11mg (205.65%), Fiber: 13.33g (53.33%), Phosphorus: 510.19mg (51.02%), Vitamin B1: 0.67mg (44.68%), Magnesium: 167.14mg (41.78%), Selenium: 28.33µg (40.48%), Copper: 0.67mg (33.66%), Zinc: 4.22mg (28.12%), Vitamin C: 23.11mg (28.01%), Iron: 4.87mg (27.06%), Vitamin B2: 0.4mg (23.44%), Calcium: 225.9mg (22.59%), Potassium: 771.53mg (22.04%), Vitamin A: 1073.73IU (21.47%), Vitamin B5: 1.78mg (17.77%), Folate: 61.85µg (15.46%), Vitamin B6: 0.3mg (15.16%), Vitamin B3: 2.15mg (10.73%), Vitamin K: 10.64µg (10.13%), Vitamin E: 1.46mg (9.75%), Vitamin B12: 0.48µg (8.06%)