

Easy and adaptable muesli

Makes about 11 servings

- 5 cups rolled oats
- 1 cup oat bran
- 1 cup dried apricots, chopped (or choice of dried fruit)
- 1 cup sliced almonds (or choice of nut/seed)



Pour all ingredients into medium bowl or storage container. Shake or stir to combine. Mixture will last about one week in sealed container. Muesli may be served several ways:

Muesli with yogurt: Top yogurt or Greek yogurt with muesli, fresh fruit, optional sweetener like honey or maple syrup

Overnight muesli: Combine equal parts muesli and milk of choice in covered container. Refrigerate overnight. Add fresh fruit and optional sweetener.

Morning muesli: Pour milk over muesli to cover. Allow to sit for about five minutes prior to serving. Add fresh fruit and optional sweetener.



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