



NUTRITION CONSULTING INC.

## Cranberry Muesli

*Make this recipe the night before and you'll have breakfast ready when you are!*

Recipe adapted from Eating Well [www.eatingwell.com](http://www.eatingwell.com)

**Makes 4 servings**

### What you need:

- 1 cup plain yogurt
- 1 cup unsweetened cranberry juice
- 3/4 cup rolled oats (not quick-cooking or steel-cut)
- 4 tbsp dried cranberries
- 2 tbsp unsalted sunflower seeds
- 2 tbsp wheat germ
- 4 tsp honey
- 1/2 tsp vanilla extract

### How you prepare:

1. Combine yogurt, juice, oats, cranberries, sunflower seeds, wheat germ, honey and vanilla in a medium bowl.
2. Cover and refrigerate for at least 8 hours and up to one day.



### Per serving:

- Calories 209
- Carbohydrates 37g
- Protein 8g
- Fat 4g
- Dietary Fiber 3g

It's your **health.**



**Take a stand.**

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