

Very Berry Muesli

Berry delicious! This is the perfect breakfast to prep the night before then grab and go on a busy morning.

Makes: 5 servings

Ingredients

- 1 cup yogurt
- 1 cup old fashioned rolled oats, uncooked
- ½ cup milk
- ½ cup dried fruit (try raisins, apricots, or dates)
- ½ cup apples, chopped
- ½ cup frozen blueberries
- ¼ cup toasted walnuts, chopped

Directions

1. To make the muesli: in a medium bowl, mix the yogurt, oats, and milk.
2. Cover and refrigerate for 6-12 hours.
3. Add dried and fresh fruit and mix gently.
4. Serve scoops of muesli in small dishes. Sprinkle each serving with chopped nuts.

Notes

- Prevent food waste by slicing up any remaining apple as a snack.
- Substitute any frozen, canned and drained, or fresh chopped fruit for apples and blueberries.
- Flavor boosters: cinnamon or grated orange peel.

Recipe from: *Food Hero*, Oregon State University Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.



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