

# Pistachio and Blueberry Muesli



**Serves 4. Prep time:** 10 minutes

## What you need:

### For the oatmeal

- 2 cups of oats (large flakes are good)
- 1 ½ cup of non-dairy milk (unsweetened)
- ½ cup full-fat yogurt or kefir
- 2-3 tablespoons applesauce (optional)
- 1 cup chopped pistachios (or other nuts)
- 1 Tbsp. cinnamon
- ½ cup raisins (or other dried fruit)
- ¼ cup cacao nibs (optional)
- 2 pinches of fine sea salt

### Suggested toppings:

- 2 tbsp. hemp seeds
- 2 tbsp. ground flax seeds
- ½ cup blueberries
- extra yogurt or kefir

## What you do:

1. Mix all ingredients (except the toppings) in a medium-sized bowl. Cover and refrigerate a few minutes or overnight.
2. When ready to eat, add toppings and enjoy!

**Useful tip:** Once made, the recipe can be divided in separate small mason jars and taken to work to eat later. Toppings can be kept separated and sprinkled on when ready to eat.

*Bon appétit!*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 517	
% Daily Value *	
Total Fat 25 g	38 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 156 mg	6 %
Potassium 557 mg	16 %
Total Carbohydrate 58 g	19 %
Dietary Fiber 14 g	57 %
Sugars 13 g	
Protein 18 g	37 %
Vitamin A	12 %
Vitamin C	16 %
Calcium	36 %
Iron	32 %

*Nutrition facts include the suggested toppings in the recipe. Values were calculated using MyFitnessPal.*