

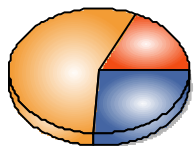


## Muesli with Apples and Oats

By: Adapted from Chris Carmichaels Fitness Cookbook by DrJez LLC

Recipe grams: 501.46g/17.7oz

Serves 2 250.73g/8.8oz per serving



Protein: 9%  
Carbohydrates: 68%  
Fat: 23%

### INGREDIENTS

3 oz OATS, ROLLED (OATMEAL)  
1 large APPLE W/SKIN, RAW  
3/4 oz ALMONDS, SLICED  
2 tbsp SUNFLOWER SEED, SHELLLED  
3 oz MIXED FRUIT, DRIED  
2 tbsp HONEY, STRAINED OR EXTRACTED

### DIRECTIONS

Stir together ingredients except for honey.

Add 1/2 cup warm water and honey. Adjust water amount to desired consistency.

### Nutrition Facts

Serving Size: 1 serving (250.7g)

Servings: 1

#### Amount Per Serving

Calories 470 Calories from Fat 120

% Daily Value\*

**Total Fat** 13g **20%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 10mg **0%**

**Total Carbohydrate** 85g **30%**

Dietary Fiber 13g **50%**

Sugars 29g

**Protein** 11g

Vitamin A 20%

• Vitamin C 10%

Calcium 10%

• Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet.