

Muesli

This breakfast cereal was developed around 1900
by Swiss doctor Maximilian Bircher-Benner.

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Ingredients



½ cup oats
½ cup plain yogurt
Lemon wedge

A variety of fruit: sliced oranges,
sliced peaches, berries
Honey
Walnuts
Brown sugar



Steps for Rad-Kids:

1. Mix oats and yogurt together in a small bowl.
2. Squeeze in lemon juice.
3. Cut and add fruit.
4. Season with honey, walnuts and brown sugar.

TASTE & SHARE!

