

## [MUESLI RECIPE YOGURT](#)



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### **Muesli Recipe A Healthy and Delicious Breakfast Idea**

Muesli Recipe: Delicious, wholesome, nutritious and quick breakfast based on grains, nuts, seeds and fruits.

Spend 10 minutes to make a big jar and use it whenever you need! The recipe is adjustable to any dietary need.

Raw, gluten-free, dairy-free, whole grain, vegan.

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### **Yoghurt and muesli parfaits taste com au**

Spoon 2 tablespoons muesli into each of four 1 cup-capacity glasses. Top each with 2 tablespoons yoghurt and 2 tablespoons berry mixture. Repeat with remaining muesli, yoghurt and berry mixture.

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### **Easy Muesli Recipe A Good For You Breakfast**

This easy homemade muesli recipe is made with just a few basic pantry ingredients, and you can use it to make a cooked porridge or enjoy it as a breakfast topping.

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### **Overnight Muesli Recipe EatingWell**

Soaking oats and fruit in yogurt is how muesli is traditionally made. A great make-ahead breakfast if you're pressed for time in the morning but still want a healthy start to your day.

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