

## MUESLI (MWEZLEE)

1/3 large apple, peeled and shredded  
1 Tbs ground almonds (Almond Butter)  
1 Tbs milk or milk alternative  
1 packet Stevia  
1 Tbs Protein Powder  
2 Tbs oats  
2 Tbs low fat plain yogurt  
¼ tsp lemon juice  
Optional banana slice or few berries

1. Mix oats and yogurt together. Let soak 15 minutes.
2. Once oats have soaked in yogurt approximately 15 minutes, add ground almonds, milk, and protein powder.
3. Peel, grind/grate 1/3 of apple to medium/fine texture. Add lemon juice to prevent browning.
4. Add stevia
5. Top with one slice of banana or a few berries

Nutrition Analysis per serving

Serving size: ½ of yield

Calories 95  
Carbohydrates 12gm  
Fiber 1.75gm  
Protein 6.7gm

This could be served (in a smaller portion size) on top of low fat unsweetened yogurt as a delightful garnish.