

# #HEARTLinks

Here is a great healthy snack full of fuel needed for your morning workouts. It's quick and easy to make, plus it tastes GREAT! Try making it today! Add it to your oatmeal, yogurt, or enjoy it alone as a snack.


## Muesli

Servings 4

- 1 1/2 cups **rolled oats**
- 1 1/2 cups whole-wheat **bran flakes**
- 1/4 cup hulled **sunflower seeds**
- 1/4 cup chopped **walnuts, sliced almonds or any other chopped nut**, unsalted
- 1/2 cup **raisins**
- 1/2 cup unsweetened, dried **cranberries, raisins or craisins**
- 1/2 cup unsweetened mini chocolate morsels (optional)

•Mix ingredients in a zip-lock bag •Can be stored for up to one month

### Muesli

 Calories


323 Per  
Serving

 Protein

10g Per  
Serving

 Fiber

8g Per  
Serving

 Cost Per  
Serving

\$0.61