



Homemade muesli with oats and red berries

10'
Hands on

60''
Hands off

3
Portion(s)

1
Difficulty



Ingredients

- 70 g oats
- 2 tablespoon(s) flaxseed, powder
- 2 teaspoon(s) honey
- 200 g water, boiling
- 2 bananas, ripe, sliced in rounds
- 140 g raspberries, frozen
- 180 g strained yogurt
- slices banana, to serve
- mint leaves, to serve

Διατροφικός πίνακας

Nutrition information per portion

255 Calories (kcal)	6.7 Total Fat (g)	1.8 Saturated Fat (g)	35.0 Total Carbs (g)
13%	10%	9%	13%
19.0 Sugars (g)	8.7 Protein (g)	7.8 Fibre (g)	0.14 Sodium (g)
21%	17%	31%	2%

Method

- In a [bowl](#), add the oats, linseed powder and honey.
- Add the boiling water and whisk to combine.
- Add the bananas and 100 g of the raspberries. Stir and mash with a plastic spatula until the fruit becomes a puree and all of the ingredients are combined.
- Cover bowl with plastic wrap and refrigerate for 1 hour to chill.
- When ready, remove from refrigerator and serve.
- A great option is to serve in layers. You can serve in a bowl or a [jar](#).
- The first layer will be 2 tablespoons of the muesli.
- The second layer will be 30 g of Greek strained yogurt.
- The third layer will be muesli again.
- To finish, the fourth layer will be yogurt.
- Repeat the same process to serve the rest.
- Top with the remaining raspberries, sliced bananas and mint leaves.