Bircher Muesli

Preparation Time: 30 minutes

Makes 1 servings

Delightfully refreshing as a breakfast, snack or dessert

Ingredients

- 1/4 cup rolled oats
- 1 tbsp raisins
- 1/2 medium grated apple
- 1/2 clementine
- Dash cinnamon
- 1/4 cup plain, regular yogurt (if you use Greek, add 1 tbsp water)
- 1 tbsp sliced almonds or 2 tablespoons whole nuts (optional)

Directions

1. Zest 1/2 the clementine, then juice it into a bowl with a lid (include any pulp or segments that cling to the inner skin).

2. Add the rest of the ingredients and stir to combine.

3. Cover and refrigerate for at least 20 minutes or overnight.

Nutrition

- 1 cup serving
- Calories 200, Carbs 36g (net carbs 30g), Added sugar 0g, Fiber 6g
- Fat 6g, Saturated Fat 1g, Protein 5g, Sodium 54mg, Potassium 468mg

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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Community Health & Wellness

Our Family – Taking Care of Yours

Tips

- Delicious with lemon zest and 1 teaspoons of lemon juice in place of the clementine
- Try different types of nuts like hazelnuts, walnuts or pecans
- Substitute 1/4 cup fresh berries for the raisins

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.