

Fruit Muesli

Makes 12 main-dish servings

What you need:

4 cups multigrain cereal with rolled rye, oats, barley, and wheat

1 cup regular oats

$\frac{3}{4}$ cup coarsely chopped almonds or pecans, toasted

1 cup toasted wheat germ

1 7-ounce package mixed dried fruit bits

$\frac{1}{2}$ cup unsalted shelled sunflower seeds

$\frac{1}{2}$ cup dried banana chips, coarsely crushed

Milk or nonfat plain yogurt (optional)



All you do:

1. In a large bowl stir together multigrain cereal, rolled oats, almonds, wheat germ, dried fruit bits, sunflower seeds, and banana chips. Cover tightly and refrigerate for up to 4 weeks. If desired, serve with milk or yogurt.

Nutrition per Serving (2/3 cup): Calories 318, Fat 12 g, Cholesterol 0 mg, Sodium 13 mg, Carbohydrates 45 g, Fiber 4 g, Protein 11 g

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