**Muesli with toned milk**

Prep time: 2 min Cook time: 0 min

**Ingredients:**

* ¾ cup Muesli
* ¾ cup toned milk (cold)
* 1 tbsp Chopped nuts,
* 1 tsp Chia seeds
* 1 tsp Flax seed powder
* ¼ cup cut fruits

**Instructions:**

1. Pour the Muesli into a bowl
2. Add milk and the chopped nuts, seeds and fruits