

Homemade Muesli



This homemade muesli, rich in fibre and protein, can help support [cholesterol management](#) while offering a nourishing and flavourful breakfast. No cooking, no oil or added sugar—it can be enjoyed soaked like overnight oats, warmed with milk, or mixed into yogurt. Simple to prepare, it keeps well and makes an original hostess gift. A must-have approved by our dietitians!

Preparation 5 min
Cooking 0 min
Servings 6
Nutrition Facts (per serving)
Calories 285
Fat 15
Carbohydrates 25
Fibre 7
Protein 12
Sodium 10

Ingredients

- 250 ml (1 cup) plain rolled oats (or whole quick-cooking oats)
- 125 ml (½ cup) dry-roasted almonds
- 80 ml (? cup) dry textured vegetable protein (TVP)
- 80 ml (? cup) unsweetened raisins

- 45 ml (3 tbsp) whole chia seeds
- 10 ml (2 tsp) ground cinnamon

Preparation

1. In an airtight container, mix all the ingredients.
2. Give as a gift to a loved one, or serve with your favorite beverage (milk or plant-based milk), or over yogurt.

Notes

Keeps for 1 month in an airtight container at room temperature or 3 months in the refrigerator.



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