



*UCCS Cookbook Recipe*

# SWISS MÜESLI

## **Ingredients** (3-4 servings)

- 1 cup Oats Flakes
- ½ cup Spelt Flakes
- ¼ cup Barley Flakes
- ¼ cup Rye Flakes
- 1 ½ cup Local Milk
- Handful of Raisins
- 6 oz Greek Yogurt
- 2 Apples, unpeeled, grated
- 2 Tbsp Local Honey

## **Directions**

In a large bowl, mix the flaked grains, dried fruit, and milk together. Cover and let soak overnight. In the morning, mix in the Greek yogurt, fresh grated apple and honey. Top with seasonal fruit and serve cold. Keep in fridge for 2-3 days, refreshing with grated apple and yogurt in the morning.