

Recipe: Almased muesli mix



1 portion contains approximately: 368 kcal - 34 g protein - 12 g fat - 31 g carbohydrates

Ingredients (for 1 person)

- 150 g low-fat yogurt
- 1 tbsp walnut oil
- 50 g Almased
- 1 Tbsp unsweetened muesli

Preparation



1. Mix together the yogurt and oil. Add in Almased.
2. Sprinkle the muesli on top and enjoy.

* The shakes should be prepared with your individual serving size. See 'How to properly dose your Almased shake' for dosing instructions. Please keep in mind that this will also change the nutritional information of the shakes.