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Muesli and Yogurt with Chia ♦

Muesli and yogurt with chia is a delicious and nutritious breakfast option. It is a combination of muesli, yogurt, and chia seeds that provides a good balance of carbohydrates, protein, and healthy fats. This recipe is vegetarian-friendly.

Recipe Type: Vegetarian

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

50 g	Muesli
150 g	yogurt
10 g	Chia Seeds

Directions

Step 1

In a bowl, combine muesli, yogurt, and chia seeds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Mix well to ensure all the ingredients are well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Resting

Let it sit for a few minutes to allow the chia seeds to absorb the liquid and become gel-like.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 5 g

Protein: 15 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	8 g	21.05%	32%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	60 mg	2.61%	2.61%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Winter Spring

Meal Type

Breakfast Brunch Snack Lunch Supper

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium

Kitchen Tools

Blender

Course

Appetizers Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Difficulty Level

Medium

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