



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Swiss Bircher Muesli [♦]

Swiss Bircher Muesli is a traditional Swiss breakfast dish made with rolled oats, grated apple, nuts, and yogurt. It was invented by Swiss physician Maximilian Bircher-Benner in the late 19th century and is known for its healthy and nutritious qualities. The muesli is typically soaked overnight in milk or yogurt and served cold with additional fruits, nuts, and honey.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

50 g	Rolled Oats
50 g	grated apple
30 g	nuts (e.g., almonds, walnuts)
100 g	yogurt

10 g honey

Directions

Step 1

In a bowl, combine rolled oats, grated apple, and chopped nuts.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Add yogurt and mix well. Let it soak in the refrigerator overnight.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Serve cold with additional fruits, nuts, and honey.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
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	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch

Difficulty Level

Medium

Visit our website: healthdor.com