



NutraFiber® Flakes™

High Fiber Muesli



What you need:

- 1 cup NutraFiber® Flakes™
- 1/4 cup firmly packed brown sugar
- 1/4 cup flaxseed
- 1/2 cup oats (quick, uncooked)
- 1/4 cup raisins
- 1/4 cup sunflower seeds



Instructions:

1. Mix all ingredients together.
2. Serve with milk or yogurt.
3. Store in a tightly closed container.

Nutritional Information Serving size: 1/4 cup (31 g)	Amount per serving
Total Carbohydrate, g	20.6
Total Fiber, g	7.6
Net Carbohydrate, g	13.0
Total Protein, g	3.1
Total Fat, g	4.4
Total Calories, kcal	110.0