



Breakfast Muesli Dairy Free

2 Block Meal:

1/4 cup whole oats
12g protein of Protein Powder, vanilla flavoured
dash of salt
2 Tbs applesauce, unsweetened*
dash of cinnamon, optional
1 tsp chopped nuts
1/4 c Dairy Free Yogurt, natural
6 - 8 frozen blueberries



Mix together first 6 ingredients in a small mason jar or other serving container. You will need to add a tad of water to mix thoroughly. Top with yogurt and blueberries*. Cover container and refrigerate overnight. Serve for breakfast the next day or will keep for several days in the refrigerator.

*Variation: If you use half of the applesauce listed you can substitute any **one** of the following: 1/4 cup (unsweetened) coconut water, 1 tsp raisins, 1 tsp dried apricots, 1 tsp (unsweetened) shredded coconut. You can also substitute a small amount of diced plum, peach, strawberries or pear for the blueberries.

Serving: approx. 15g Protein, 22g Carbs, 8g Fat

Yield: 2 Blocks

3 Block Meal:

1/3 cup whole oats
18g protein of Protein Powder
dash of salt
2 Tbs applesauce, unsweetened*
dash of cinnamon
1 1/2 tsp chopped nuts
1/4 cup Dairy Free Yogurt, natural
7 - 9 frozen blueberries

Mix together first 6 ingredients in a small mason jar or other serving container. You will need to add a tad of water to mix thoroughly. Top with yogurt and blueberries*. Cover container and refrigerate overnight. Serve for breakfast the next day or will keep for a several days.

*Variation: see above.

Serving: approx. 21g Protein, 32g Carbs, 10g Fat Yield: 3 Blocks

4 Block Meal:

1/2 cup whole oats
24g protein of Protein Powder
dash of salt
2 Tbs applesauce, unsweetened*
2 tsp chopped nuts
1/3 cup Dairy Free Yogurt, natural
8 -10 frozen blueberries

Mix together first 5 ingredients in a small mason jar or other serving container. You may need to add a tad of water to mix thoroughly. Top with yogurt and blueberries*. Cover container and refrigerate overnight. Serve for breakfast the next day or will keep for a several days.

*Variation: see above

Serving: approx. 28g Protein, 42g Carbs, 15g Fat Yield: 4 Blocks