

Recipe Name: Baked Muesli Tart with Strawberry Yogurt and Chia Seeds Recipe

Diet Type:

Course: Dessert

Cuisine: Continental

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1/3 cup Hung Curd (Greek Yogurt) - fat-free plain	4
• 1 tablespoon Butter	
• 1 Egg white	
• 1 teaspoon Vanilla Extract	
• 1 teaspoon Cinnamon Powder (Dalchini)	
• 1/4 teaspoon Salt	
• 2 cups Muesli	
• 2 tablespoons Almond Meal (Badam Powder)	
• 1 cup Hung Curd (Greek Yogurt) - low fat	
• 200 grams Strawberries - chopped	
• 1 tablespoon Honey	
• 1/4 cup Chia Seeds	

Preparation

- We begin making the Baked Muesli Tart with Strawberry Yogurt and Chia Seeds Recipe by mixing all the ingredients mentioned in the list to make tart into a big bowl till it all combines.
- It will form a thick texture and then later add it into your tart pans.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	20	8	25