

BAY BROKERAGE PRESENTS

Profit Potential		
Food Cost	Menu Price	Profit
\$2.05	\$4.99	\$2.94

German Style Muesli



Item Description	Amount	Cost
Rolled Oats	1 cup	\$0.20
Toasted Wheat Germ	3 tbsp	\$0.15
McCormick Ground Flaxseed	3 tbsp	\$0.10
Stevia Extract in the Raw	4-6 packets	\$0.20
Azar Nut Co Chopped Hazelnuts	2 tbsp	\$0.10
Azar Nut Co Slivered Almonds	2 tbsp	\$0.10
Raw, Hulled Sunflower Seeds	1 tbsp	\$0.05
Azar Nut Co Golden Raisins	1/4 cup	\$0.20
Chopped Dates	2 tbsp	\$0.10
Chopped Dried Apricots	2 tbsp	\$0.25
Kikkoman Pearl Vanilla Flavored Soymilk	1 cup	\$0.25
Upstate Farms Nonfat Plain Yogurt	1 cup	\$0.25
Apple, Peeled, Cored and Grated	1 medium	\$0.10

In a medium bowl, combine all grains and Stevia with the nuts and dried fruits. Blend well. (This mixture can be made ahead of time and stored in an airtight container.) When ready to serve combine with soymilk, yogurt and grated apple. Stir to combine.

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<http://culinaryspace.blogspot.com/>

