



BERRY MUESLI

EATING FOR SUSTAINED ENERGY 4
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Ingredients

- 375 ml rolled oats or lower GI oats* (1 1/2 c)
- 250 ml apple juice*, warmed (1 c)
- 60 ml unsalted almonds or pecans, chopped (4T)
- 2,5 ml ground cinnamon (1/2 t)
- 250 ml low fat plain yoghurt* (1 c)
- 500 ml berries, fresh or frozen, any kind (2c)
- 20 ml raw honey, warmed (4 t)



Method

1. Place the oats and warm apple juice in a bowl. Cover with clingfilm and allow to stand for 5-10 minutes, until the oats are soft. Rolled oats will need to be soaked a little longer.
2. Mix through the chopped nuts, cinnamon, yoghurt and half of the berries.
3. Set aside until ready to serve.
4. To serve, divide the muesli-yoghurt among four serving bowls or glasses.
5. Add the remaining berries and drizzle with one teaspoon warmed honey per serving.