



BIRCHER MUESLI

Serves 4 Time to make 10 mins, plus overnight chilling Total cost \$5.80 / \$1.45 per serve

✓diabetes friendly ✓vegetarian

- 2 cups rolled oats
- 1/3 cup frozen blueberries
- 1/3 cup shredded coconut
- 3/4 cup skim milk
- 1/2 cup apple juice
- 3/4 cup low-fat natural yoghurt
- 1 tablespoon honey
- 1/4 cup chopped almonds or hazelnuts
- 1/2 cup raspberries
- 2 tablespoons of K-fibre supplement

- 1 Place oats, blueberries, coconut and K-fibre in a large bowl; add skim milk and apple juice. Stir yoghurt and honey into oat mixture; sprinkle with nuts.
- 2 Cover bowl and refrigerate for at least 2 hours or overnight. Serve muesli with raspberries.

HFG TIP

You can store this muesli in an airtight jar for up to three days

HIGH FIBRE LOW kJ

PER SERVE	
1,507kJ/360cal	Sugars 17.3g
Protein 11.5g	Fibre 6.1g
Total Fat 12.6g	Sodium 63mg
Sat Fat 4.3g	Calcium 254mg
Carbs 46.9g	Iron 2.4mg

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KfibreTM
Feeds. Fixes. Fortifies.