

RECIPE OF THE MONTH

SWISS MUESLI WITH BANANAS


There are many variations of this healthy Swiss breakfast dish. This one is more authentic than the dried version and keeps fat at a minimum. Enjoy it with a delicious and hearty topping of fresh fruit.

125 mL	hot water	1/2 cup
125 mL	rolled oats	1/2 cup
250 mL	low-fat yogurt	1 cup
50 mL	raisins	1/4 cup
25 mL	wheat bran	2 tbsp
25 mL	oat bran	2 tbsp
25 mL	liquid honey	2 tbsp
15 mL	granulated sugar (for sprinkling)	1 tbsp
1	apple, cored and diced	1
3	bananas, sliced	3

Method:

In bowl, pour hot water over rolled oats; let stand for 20 minutes or until water is absorbed.

Add yogurt, raisins, wheat bran, oat bran, honey and apple; mix well.

Cover and refrigerate overnight or for up to two days. Spoon into individual bowls and top with bananas. 

Makes 4 servings.

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Per Serving

Calories	251
Total fat	2 g
Saturated fat	1 g
Fibre	5 g
Carbohydrate	56 g
Protein	7 g
Cholesterol	4 mg
Potassium	680 mg
Sodium	47 mg

