



## Kiwifruit Bircher Muesli

Mix 40g (1/3 cup) Harraways Muesli Base Roasted Oats and Barley Flakes Unsweetened with 100ml (1/2 cup) of unsweetened apple juice and leave overnight.

The next morning add

50ml (1/4 cup) natural unsweetened low fat yoghurt  
40g 1 kiwifruit chopped  
60g 1/2 banana sliced  
60g 1/2 apple sliced (remove core and leave skin on).  
24g 2 strawberries  
3g 5-6 Blueberries

Serve into a bowl dilute to the required consistency with a milk, enjoy.



'Tick TM used under licence'.

'Recipe developed in accordance with the Heart Foundation Tick Recipe Guidelines'.

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