

## **April Recipe of the Month:**

### **Apple Berry Muesli**

**Preparation time: 10 minutes**

#### Ingredients:

2 cups quick cooking oats  
2 cups low-fat yogurt (plain or vanilla)  
1 cup low fat milk or soy milk  
3 tbsp sugar or liquid honey  
2 large apples cored  
Juice of ½ lemon  
1 cup berries  
Raisins and nuts optional

1. In a medium bowl, combine oats, yogurt, milk and sugar/honey. Set aside.
2. Grate apples, leaving the skin on. Sprinkle with lemon juice to prevent browning. Add apples and berries to yogurt mixture. Gently mix together. Refrigerate overnight. Served Topped with raisins and/or nuts if desired.

Idea: On a cold gloomy day serve with a warm latte!