

Breakfast Muesli to Go

From Great Food Fast, Dietitians of Canada, 2000

1 cup large-flake or 3-minute oats (not instant)

1 cup lower-fat plain yogurt

½ cup milk

2 Tbsp liquid honey or maple syrup

1 cup assorted berries (fresh or frozen)

1 large banana, sliced

1. In a plastic container, combine oats, yogurt, milk and honey; gently fold in berries. Add banana before serving or add to sealable container before taking muesli on the go.

***Serves two. Per serving; Calories 423; Protein 16.0g, Fat 6.8 g,
Carbohydrates 79.2 g, Dietary Fiber 7.9 g, Sodium 117 mg***



