

Fruity Muesli

PREPARATION

Ingredients

75g rolled oats

1 tablespoon wheat bran

25g dried fruit of your choice or a 3/4 cup of
seasonal fresh fruit

15g unsalted nuts

2 teaspoons sunflower seeds

Procedure

Simply mix the ingredients in a bowl and
serve with skimmed or semi-skimmed milk
or plain yoghurt.

SOURCE: WORLD CANCER
RESEARCH FUND

