



FRUIT AND OAT BREAKFAST POTS

Making your own muesli allows you to keep the sugar content low. Use whatever fruit is in season. Serves 6.

Ingredients

For the muesli

- 100g rolled (porridge) oats
- 50g bran flakes
- 1 rounded tablespoon sunflower seeds
- 25g sultanas
- 25g dried 'ready to eat' **apricots** chopped
- 25g nuts (almonds, walnuts, hazelnuts) chopped
- 15g soft brown sugar optional

For the layers

- 250ml natural yoghurt
- 150g half fat crème fraîche
- 2 small bananas sliced
- juice of 1 lemon
- 150g mixed berries raspberries, strawberries, blueberries
- sprig of mint

How to make it

1. Place the oats, branflakes, sunflower seeds, sultanas, chopped apricots and nuts in the mixing bowl.

2. Add the brown sugar, if using, and with a tablespoon, stir the ingredients gently until they are combined thoroughly.

3. In a small bowl coat the banana in the lemon juice to prevent it from browning.

4. Starting with a layer of banana, layer the fruits, yoghurt and muesli in alternate layers in the serving glasses. Finish with a layer of yoghurt and decorate each serving with some of the berries and a sprig of mint. Serve immediately.

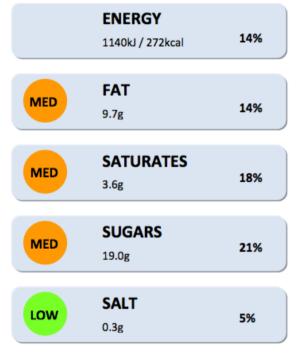
Equipment

- mixing bowl
- chopping board
- sharp knife
- tablespoon
- lemon squeezer
- small bowl
- serving glasses

264 Fruit and Muesli Breakfast Pots

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (165g)
Energy	691kJ / 165kcal	1140kJ / 272kcal
Protein	5.0g	8.2g
Carbohydrate (of which sugars)	21.4g (11.5g)	35.4g (19.0g)
Fat (of which saturates)	5.9g (2.2g)	9.7g (3.6g)
Fibre	3.2g	5.3g
Salt	0.2g	0.3g

Per 165g serving



% of an adult's reference intake

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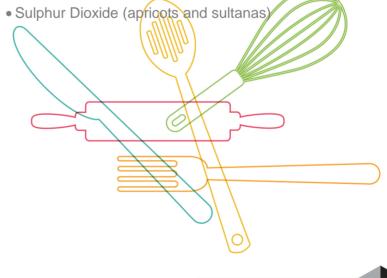
Recipe Notes and Tips

- Leave out the nuts if you suffer from an allergy.
- Dried fruits like raisins and apricots contain natural sugars and are very sticky clean your teeth well after eating this breakfast dish.
- Reduce the fat content by using fat-free yoghurt and light crème fraiche.
- Leave out the brown sugar for a less sweet and lower energy dish.

Allergy Aware

This recipe contains:

- Gluten (oats and bran flakes)
- Milk (yoghurt and crème fraiche)
- Nuts (almonds, walnuts and hazel nuts)



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