



## 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

### Equipment

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

### 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.

## 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

### ENERGY

1140kJ / 272kcal **14%**

MED

### FAT

9.7g **14%**

MED

### SATURATES

3.6g **18%**

MED

### SUGARS

19.0g **21%**

LOW

### SALT

0.3g **5%**

% of an adult's reference intake

Typical values per 100g : Energy 691kJ / 165kcal

## 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)
- Sulphur Dioxide (apricots and sultanas)

