

Fruit Bircher Muesli

No. of Serves: 2



Ingredients

- 1 cup of rolled oats – soaked in water (either soak for 2 hours or overnight in the fridge)
- ½ cup of slivered almonds, toasted
- 1 cup of mixed strawberries and blueberries
- 1 kiwifruit, sliced without removing the skin
- 1 cup of low fat, unsweetened plain yoghurt
- 1 teaspoon of cinnamon powder (optional)

Nutrition Information (per serve)

Energy	2299.8kj (550 calories)
Protein	23.8g
Total Fat	28.1g
Carbohydrates	43.2g
Saturated Fat	2.3g
Sugars	20.2g
Dietary Fibre	12.5g
Sodium	120.1mg

Method

- To see the method for the [Fruit Bircher Muesli](#) and for more healthy eating ideas, please visit [Smart Eating for a Healthier You](#) on the Dietitians Association of Australia website.