

# Bircher Muesli

**Makes:** 6 servings

## Ingredients:

150 ml	quick-cooking rolled oats	$\frac{2}{3}$ cup
500 ml	2% milk	2 cups
50 ml	granulated sugar	$\frac{1}{4}$ cup
1 ml	ground cinnamon	$\frac{1}{4}$ tsp
375 ml	lower-fat plain yogurt	$1\frac{1}{2}$ cups
7 ml	lemon juice	$1\frac{1}{2}$ tsp
2	medium apples (unpeeled)	2
2	medium bananas	2

## Directions:

1. In a bowl, stir oats into milk; let stand for 15 minutes. Stir in sugar and cinnamon.
2. Combine yogurt and lemon juice. Dice apples; stir into yogurt mixture. Stir into softened oats. Refrigerate.
3. At serving time, slice bananas and stir into mixture.



## Nutrition information:

Per Serving	
Calories	208 kcal
Fat	3 g
Carbohydrate	39 g
Dietary Fibre	2 g
Protein	8 g

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## Tips & Facts

### To save money:

Check store flyers for sales on the ingredients you need.

### Ask your children to help! They can:

- peel the bananas and slice them with a plastic child-safe knife
- wash the apples
- core the apple with an apple corer (for older children)
- measure and stir all the ingredients

### Tip:

Eat a healthy breakfast everyday that includes at least one fruit or vegetable. For some added fun, you can take your child to an apple orchard and have them pick their own apples.



**Durham Health Connection Line**  
**905-668-2020 or 1-800-841-2729**  
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If you require this information in an accessible format, contact 1-800-841-2729.

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