

# APPLE MUESLI

## Ingredients

Serves 4

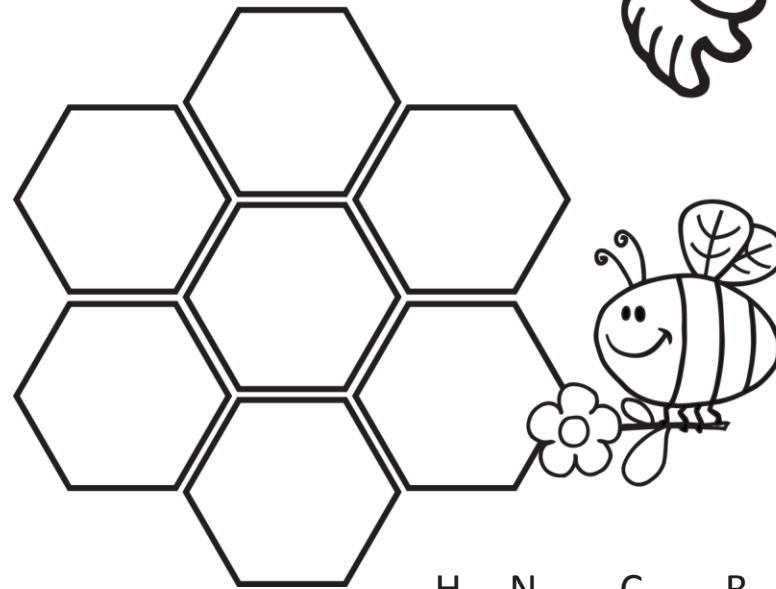
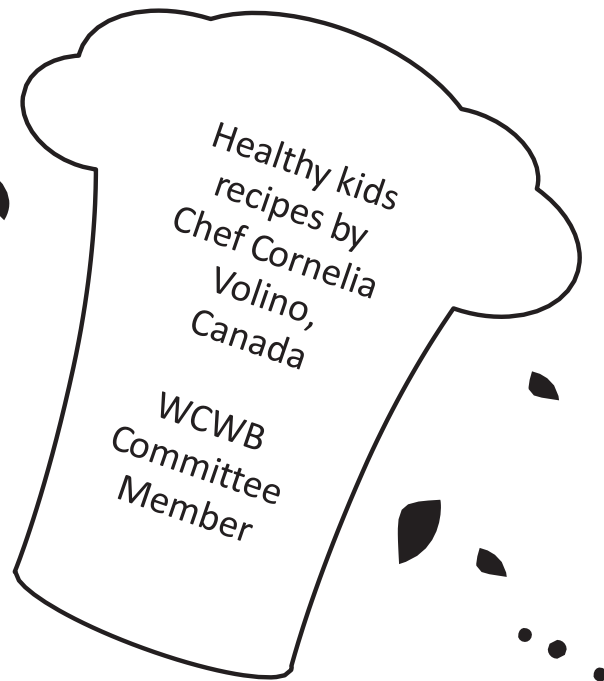
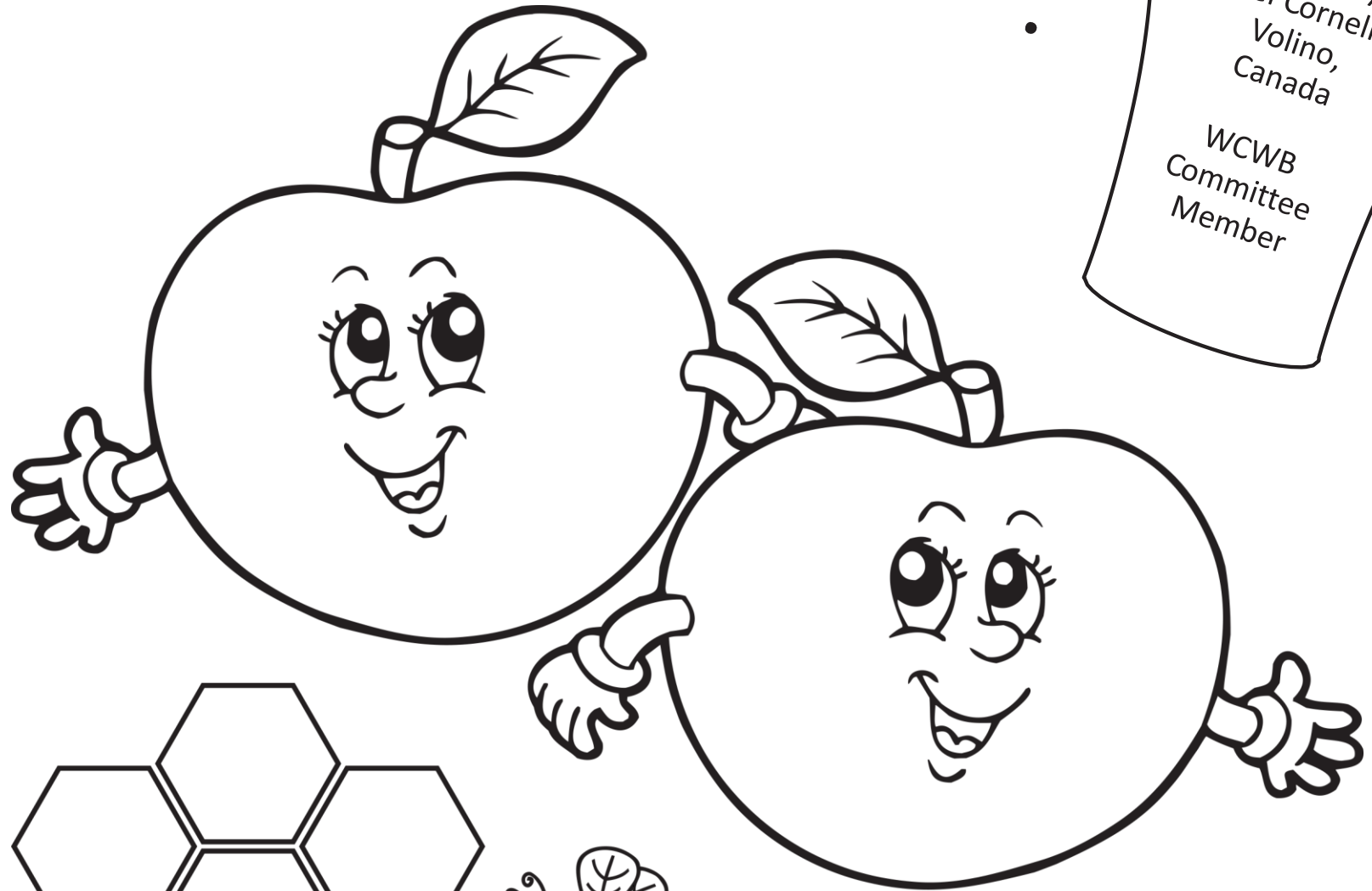
1/2 cup apple juice,  
unsweetened 1 cup rolled oats  
1 apple, peeled and  
diced 3/4 cup plain  
yoghurt  
1/2 tbsp lemon juice, fresh  
1 banana, sliced  
1/8 cup cranberries,  
dried 1/8 almonds,  
chopped

## Method

- 1 Soak rolled oats in apple juice in large bowl and refrigerated for 2 hours.
- 2 Stir in diced apple, yoghurt and lemon juice.
- 3 Pour into serving dishes.
- 4 Top with bananas, dried cranberries and almonds.

### Nutritional Information: Calculated per portion.

Energy (kJ): 1,121 kJ, Energy (kcal): 268 kcal,  
Protein (g): 9 g, Fats, total (g): 6 g, Carbohydrate, total (g): 47 g,  
Sugars, total (g): 15 g, Fats, saturated (g): 2 g,  
Fibre, total dietary (g): 6 g, Sodium (mg): 24 mg

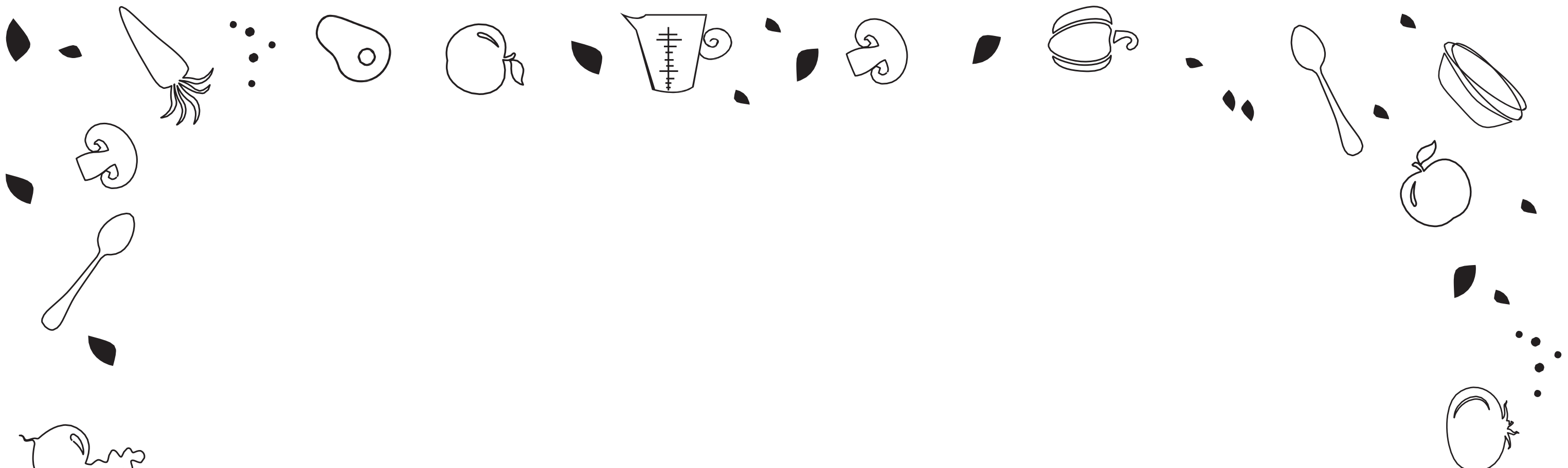


Apples have different colours.  
See if you can guess two of the colours.

H \_ N \_ \_ C \_ \_ B

Complete the word and discover  
where one of you ingredients  
come from.





Name: \_\_\_\_\_

Age: \_\_\_\_\_

