

# APPLE MUESLI



## Ingredients

- 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 cup almonds, chopped

## Serves 4

## 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.

Dear Mom and Dad

Healthy eating for children is one of the most important themes worldwide and it is why I, and many other chefs and dietitians globally, have participated in the World's Chefs Day on the 20th October.

A healthy diet is crucial for children's growth and development. Through better eating, your children will have more energy, improved health and greater focus in school. It is for this reason, that the Nestlé Healthy Kids initiative was created – to teach and engage children with the benefits on healthy eating.

Our hope is that they will learn good habits that they will carry with them for life. With your help, we can make that possible.

Yours in good health,

Chef Cornelia Volino, Canada  
WCWB Committee Member



Apple Muesli			
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		

\*Nutritional notes may vary

