

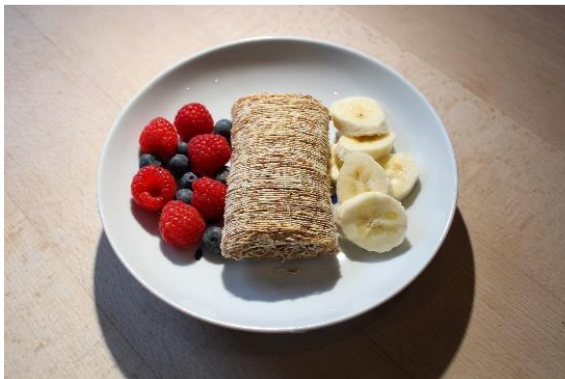
CEREALS



The key to cereals is start with whole grain, and then add fruits, yoghurt, nuts and milk to taste, and to create variety.



So Weetabix and muesli with chopped apple, banana, yoghurt and a hint of date syrup.



Shredded wheat with berries and sliced banana.

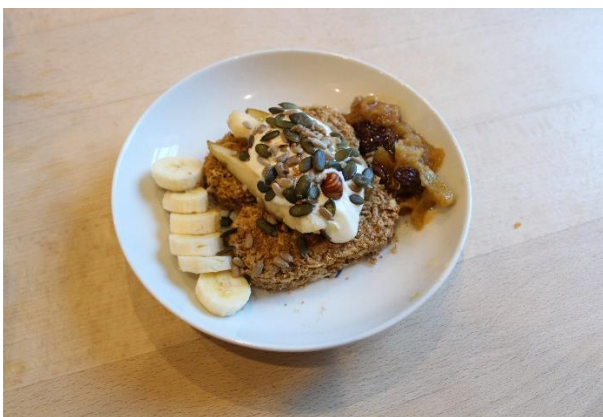


Shreddies with grape nuts, yoghurt, berries, and date syrup.

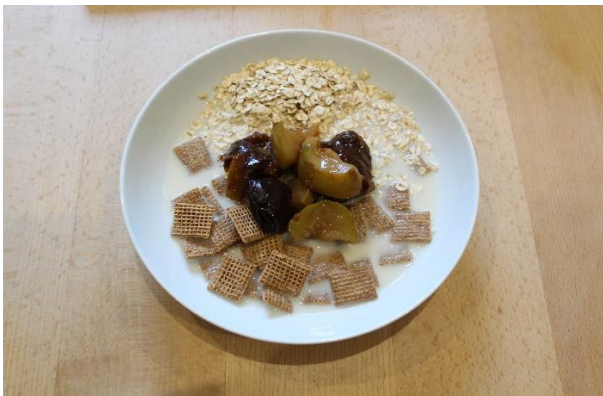
CEREALS



Weetabix and shredded wheat with yoghurt, nuts and sliced apple.



Weetabix with yoghurt, fruit compote, banana, seeds and nuts.



Shreddies and oats with pear and prune compote and almond milk.



Nuts and seeds provide a source of dietary fibre and healthy unsaturated fats. They can be bought in packets and added to any cereal dish, but make sure they are raw and unsalted!

OATS/PORRIDGE

About 43gms is the regular serving of oats for porridge, cereal or muesli for one person... then add fruit, nuts, seeds, yoghurt or milk for variety.



Porridge and seeds with apple compote, yoghurt and a dash of date syrup.



Porridge with apricot, fig, orange and cranberry compote and banana.



Porridge with blueberries, banana, yoghurt and date syrup.



MUESLI

Muesli is generally known as a breakfast dish made with oats and added ingredients such as grains, nuts, seeds, and dried fruits. As such, it can be a healthier, less sweet alternative to other cereals.



Muesli on its own is a healthy combination of oats, nuts, seeds and raisins.



Or muesli with bran, banana, and blueberries.



Muesli can go with other cereals and fruits such as with sliced pear, grape nuts and almond milk.



BIRCHER MUESLI

For a fresher, fruitier alternative to the drier version, try making Bircher Muesli. This was the creation of Bircher-Benner, a Swiss doctor and nutritionist, who developed it as a way to get his patients to eat more fruit !



The basic recipe: Soak 25g of rolled oats per person overnight in water or apple juice. In the morning, strain off the water, and then mix in half a grated apple depending on size, together with milk, low-fat yoghurt, and a squeeze of lemon. Add fruit such as mango as preferred.



Home-made bircher muesli with pear and banana.



Bircher muesli with raspberries, blueberries and mixed nuts.