



Swiss Soy Muesli

Ingredients

- 1 1/2 cups natural muesli
- 1 cup Sanitarium So Good soy milk
- 1/3 cup orange juice
- 1 tablespoon honey
- 1 small apple, grated
- 1/2 punnet berries of choice
- 200g carton berry flavoured soy yoghurt

Preparation time: 10 min

Cooking time: 0 min

Serves: 6

1. Combine muesli, So Good, juice and honey in a bowl. Cover and refrigerate overnight.
2. Just before serving add apple, berries and yoghurt. Mix well.
3. Serve topped with extra fresh fruit.

Nutritional Analysis, per serve

Kilojoules 860kj ; Calories 205cal; Fat 5g; Carbohydrate 35g; Sodium 60mg; Potassium 320mg; Calcium 90mg; Iron 0.9mg; Fibre 4g

This and other great soy recipes can be found at <http://www.sanitarium.com.au/recipe/>