



RASPBERRY AND YOGHURT BIRCHER MUESLI

Ingredients

- 1 1/2 cups rolled oats
- 1 cup milk†
- 1 apple, grated
- 2 tablespoons pepitas (pumpkin seeds)
- 1/4 cup freshly squeezed orange juice
- 1/2 teaspoon freshly grated orange rind
- 200g raspberries (fresh or frozen)
- 200g natural yoghurt†
- 2 tablespoons pistachios, chopped

Method

1. Combine oats, milk, apple, pepitas and orange juice in a bowl. Cover and refrigerate overnight.
2. Stir orange rind through muesli, divide between serving bowls and top with fresh raspberries, a dollop of yoghurt and pistachios.

Notes:

- Use strawberries or other seasonal fruits in place of raspberries if desired.
- Poached fruit such as pear, rhubarb, peaches, and apricots would also work well.

Serves 4

Tip: Pumpkin seeds are a concentrated source of minerals, vitamins and anti-oxidants such as phosphorus, magnesium, zinc, iron and copper. These help to build the body's immune system as well as maintaining prostate health and the protection of men's bones. They also have anti-inflammatory benefits in arthritis and are shown to reduce cholesterol.

† Choose mostly reduced fat

Your recommended daily serves*	QTY
Milk, cheese and yoghurt and/or alternatives^	
Vegetables and legumes/beans	
Fruit	
Grain (cereal) foods such as breads, cereals, rice, pasta, polenta, noodles, couscous, oats, quinoa and barley	
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	

Notes:

* Recommended by the Australian Dietary Guidelines
 ^ Alternatives include soy beverages or beverages made from rice or other cereals which contain at least 100mg of calcium per 100ml.