

BIRCHER MEUSLI

Recipe

By Pamela M. Smith, R.D

This is a perfect breakfast to start your day - strong and energized!

**2 cups rolled oats
1/2 cup chopped dates
1 1/2 cups skim or soy milk
2 cups fresh orange juice
1 cup of vanilla or natural yogurt
1/4 cup of flaked almonds
1/4 cup freshly ground flaxseed
1 cup diced apple (Fuji or granny smith)
1 banana, sliced
1 cup blueberries or strawberries
2 tablespoons honey, if desired**

**Combine all ingredients -- adding honey if desired.
Cover and refrigerate overnight. (Serves 8)**

**1 serving (about 1 cup) gives:
Calories: 348, Protein: 13 g, Carbohydrate: 61 g
Dietary Fiber: 9 g, Total Fat: 7 g
Saturated Fat: 1 g. Cholesterol: 1 mg, Sodium: 49 mg**

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