



## *Swiss Breakfast Muesli*

### Muesli

- 1 1/2 cups traditional oats
- 1 1/2 cups water
- 2 cups shredded apple (unpeeled)
- 2 tbsp honey
- 2 tbsp lemon juice
- 1/2 tsp cinnamon
- 1 1/2 cups of Verity pitted prunes (whole or halved)

### Muesli Topping

- Fresh fruits (sliced banana, apple, pineapple, orange segments)
- Chopped walnuts

Combine oats, water, shredded apple, Verity prunes, honey, lemon juice and cinnamon, cover and refrigerate overnight.

In the morning spoon some of the muesli into a cereal bowl.

Top with your choice of fresh fruit and walnuts.

Serve with a dollop of unflavoured yoghurt or milk, if desired.

Muesli can be stored in a covered container in refrigerator for several days.