

Betaglucan-boosted fruit and flake muesli

INGREDIENTS

Oat Flakes	40g
Betaglucare Crispy Oat Hearts	25g
Orgran Super Grains 100% Amaranth Puffed Breakfast Cereal	2 tb
Lucky Slivered Almonds	1 tb
IGA Fresh Walnuts	1 tb
Apricot, dried	1 tb
Fig, dried	1
fruit Spice, nutmeg	1 pinch
Spice, cinnamon	2g
Milk, cow, ready to drink, reduced fat, other	1 cup

Makes 1 Serve (387g per serve)

Nourishing bircher muesli

INGREDIENTS

Yoghurt, commercial, natural, low fat	100g
Oats, uncooked, plain, unfortified	30g
Apple, fresh, granny smith, unpeeled	0.3 medium fruit
Honey	1 tsp
Pear, fresh, green, unpeeled	0.3 medium fruit
Lucky Slivered Almonds	1 tb
Milk, cow, ready to drink, reduced fat, other	50 mL
Betaglucare Crispy Oat Hearts	25g

Makes 1 Serve (324g per serve)

Breakfast trifle

INGREDIENTS

Oats, uncooked, plain, unfortified	30g
Yoghurt, commercial, Greek, regular fat, ~5% fat	200g
Betaglucare Crispy Oat Hearts	25g
Strawberry, fresh	1 snack size cup
Sugar, white, regular	1 tsp
Banana, fresh, lady finger	0.5
large fruit Makes	1 Serve

(383g per serve)