



On Camp with **Kelly**



Creamy muesli with fresh fruit and nuts



Ainsley says...

"This is a great way to start the day. Soaking the oats the night before only takes seconds; you just have to remember to do it! Of course you could use dried fruits instead of the fresh berries, such as raisins, sultanas, banana chips and/or dates."

Serves 4

225g porridge oats
200ml apple or orange juice
200ml skimmed milk
225ml natural low-fat yoghurt
2 tablespoons runny honey, plus extra to serve (optional)
finely grated rind of 1 small lemon
2 apples, cored and coarsely grated
100g mixed berries, such as blueberries, raspberries and halved small strawberries
50g hazelnuts, coarsely chopped or 25g freshly grated coconut

Mix the porridge oats in a bowl with the fruit juice and skimmed milk. Cover with clingfilm and leave in the fridge overnight.

The next morning, stir in the yoghurt, honey, lemon rind and grated apples. Spoon into bowls and top with the berries, nuts or coconut and finish with a drizzle of extra honey if you like to serve.

Nutrition information (data calculated not using coconut)

	Muesli			RDA	
	Per serve (for 4)	Per serve (for 6)	Per 100g	Male	Female
Kcal	382	254	138		
Protein (g)	13.4	8.9	4.8		
Carbohydrates (g)	62.0	41.4	22.4		
Of which sugars (g)	29.7	19.8	10.7		
Fat (g)	11.0	7.3	3.9		
Saturated fat (g)	1.4	1.0	0.5		
Monounsaturated fat (g)	7.0	4.7	2.5		
Polyunsaturated fat (g)	1.7	1.1	0.6		
Calcium (mg)	239.8	159.8	86.5	700	700
Magnesium (mg)	156.3	104.2	56.4	300	270
Iron (mg)	28.9	19.3	10.4	8.7	14.8
Vitamin C (mg)	32.3	21.5	11.6	40	40