

RECIPE: BIRCHER MUESLI WITH CALIFORNIA DRIED PLUMS

CEREALS & BEANS

Rolled oats, 1.45 oz.

Steel-cut oats, 1.45 oz.

FRUITS

Banana, to taste

Orange, 1

Apple (grated), 1 cup

JUICES

Apple juice, 12 fl oz.

DAIRY

Yogurt, to taste

NUTS, SEEDS & DRIED FRUITS

Sunflower seeds (raw), 2.57 oz.

MISCELLANEOUS

Chopped raw natural almonds, 0.5 cup

California pitted dried plums, 0.5 cup