

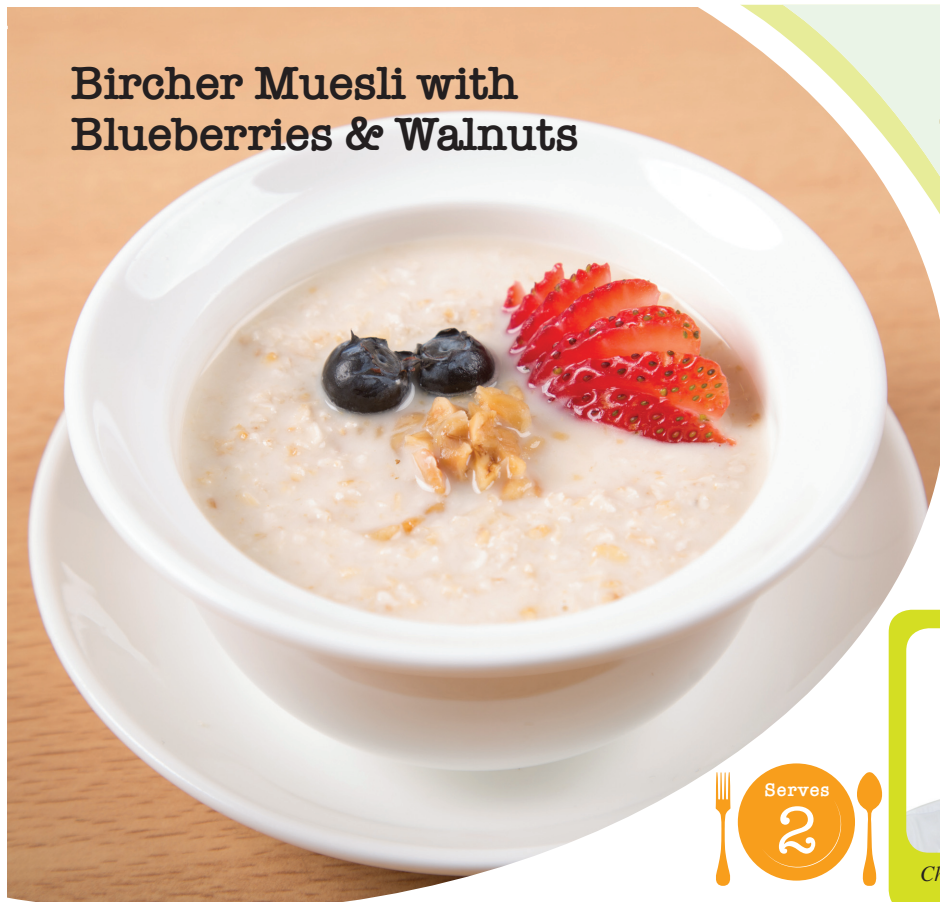


VITAMIN E

Vitamin E has been shown to be protective for brain health, and can be found in foods like whole-grain products, sunflower seeds, almonds, walnuts and peanut butter.

Bircher Muesli with Blueberries & Walnuts

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*Chef Khor Soon Hoo
Jason*

Ingredients

Quick cook oats or rolled oats (raw) ..	1 cup
Plain yoghurt	½ cup
Apple juice	½ cup
Blueberries	½ cup
Walnuts	½ cup
Honey	1 Tbsp
Apple (peeled and diced)	1
Medium strawberries (sliced)	2

Nutritional Information (300 g per serving)

Energy	570 kcal
Carbohydrate	71 g
Protein	14 g
Fat	24 g
Saturated Fat	4 g
Cholesterol	8 mg
Dietary Fibre	7 g
Sodium	60 mg

Cooking Method

1. Combine oats, yoghurt, apple juice, apple and honey in a medium sized bowl, mix well. Portion into two containers if desired.
2. Refrigerate for at least 3 hours, or overnight.
3. Add blueberries, walnuts and strawberries. Serve cold.