

Superfoods Cookbook: The facts, the foods and the recipes - feel great, get fit and lose weight

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Super Muesli

FREE RECIPE FROM *SUPERFOODS COOKBOOK* BY MICHELLE BRIDGES, SUPER MUESLI, PAGE 24.

Store-bought muesli can often contain lots of added sugar – it's much better to make your own. The sweetness here comes from the cranberries and mango, while the flaxseed and wheatgerm really crank this up into 'super' territory.



SERVES 2

PREP 5 minutes

CAL PER SERVE 392

2/3 cup (50 g) bran

1/2 cup (45 g) traditional rolled oats

1/4 cup (35 g) dried cranberries

20g dried mango, chopped

2 tablespoons raw wheatgerm

1 tablespoon flaxseed

1/2 mango, peeled and chopped

1 cup (250 ml) low-cal milk

- I. Combine the bran, oats, cranberries, dried mango, wheatgerm and flaxseed in a bowl. Divide between two serving bowls. Add fresh mango and milk to serve.

TIP

You can make a big batch of this super muesli and store it in an airtight container in a cool dry place for up to one month (346 cal per 100 g/1 cup).

VARIATION

Replace the mango with 1/2 cup drained apricot halves in natural juice and 50 g raspberries (400 cal per serve).