



High prebiotic diet recipe: High fibre breakfast cereal

Ingredients:

- 1 cup breakfast cereal (e.g. wheat biscuits, muesli)
- 1 tbsp bran (e.g. flakes, pellets unprocessed)
- 20 pistachio or cashew nuts
- 1 tbsp dried fruit (e.g. apricots, sultanas, cranberries, figs)
- 1 cup milk
- 1 tbsp yoghurt
- 1 cup fresh fruit (e.g. pomegranate, water melon, nectarine)



Method:

- Place cereal, bran, nuts and dried fruit in a bowl
- Add milk, yoghurt and fresh fruit