

Herbal Legacy Recipes

Easy Breakfast (Apple Breakfast)

Light and Natural CookBook

Ingredients:

- *1 Large unpeeled apple – Diced
- *3/4 Cup rolled oats
- *1/4 Cup maple syrup
- *1/2 Cup chopped walnuts
- *1 Cup soy yogurt
- *2 TBSP wheat germ
- *Ground cinnamon (optional)
- *Ground nutmeg (optional)

Directions:

Stir the apples, oats, maple syrup and walnuts into the yogurt. Sprinkle with wheat germ. Top with cinnamon and nutmeg if desired. Garnish with fresh fruit.

Serves 2