

White Dream Christmas Treats

Serves: 10

Prep time: 15 minutes

Cook time: 60 minutes



½ serve per portion

Ingredients

1 cup rice bubbles

1 cup rolled oats

¾ cup muesli

½ cup desiccated coconut

¾ cup skim milk powder

90g dried cranberries

90g dried apricots, chopped

⅓ cup pistachios, roughly chopped

200g Greek yoghurt, reduced fat

½ teaspoon vanilla

Method

LINE a baking tray with baking paper.

COMBINE all ingredients together in a bowl, stirring until well mixed.

PLACE mixture onto prepared tray.

PLACE in freezer for 1 hour then slice into squares.

SERVE cold.



Discretionary Food

Courtesy of Tamara Smith, Magnetic Garbutt Branch