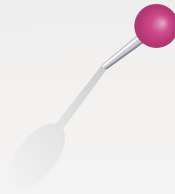


Adios™

A natural aid for slimming



MAPLE WALNUT MUESLI

Serves: 4

Calories per serving: 163

Ingredients

250g rolled oats

120ml skimmed milk

3 tablespoons chopped walnuts

3 tablespoons maple syrup



Method

- 1 Place the oats and maple syrup in a bowl. Add the milk. Cover and refrigerate overnight
- 2 Stir in the nuts when ready to serve

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: