

Whipped

FOOD DRINK AND CONVERSATION
FROM AROUND THE TABLE

Swiss Oatmeal

Makes 4 servings. Just keep proportions the same and increase amounts to yield more.

1 1/2 cups vanilla yogurt

1 1/2 cup milk

1 1/2 cup muesli (I buy it from the store. You can also make your own.)

1 Banana

1 Green Apple

Put yogurt, milk and muesli in a bowl and stir. Cover and leave in refrigerator overnight. In the morning, add chunks of apple and banana.