

Easy Breakfast
from the Light and Natural Cookbook

1 large apple diced

$\frac{3}{4}$ cup rolled oats

$\frac{1}{8}$ cup maple syrup

$\frac{1}{8}$ cup honey

$\frac{1}{2}$ cup chopped pecans or walnuts

1 cup non-dairy yogurt of your choice: we suggest So Delicious dairy-free yogurt or Silk non-dairy yogurt. Using a flavored yogurt such as peach, raspberry or strawberry adds a delicious touch.

Ground cinnamon and ground nutmeg



Stir the apples, oats, maple syrup, honey and nuts into the yogurt. Sprinkle with ground cinnamon and nutmeg if desired and top with fresh peaches or raspberries.