



## Start the day the way the Swiss do

**Swiss Fruit Muesli:** The night before, pour  $\frac{1}{4}$  c. boiling water over  $\frac{1}{4}$  c. cracked wheat (also called bulgur); let stand 30 minutes. Meanwhile, chop  $\frac{1}{2}$  c. pitted prunes and  $\frac{1}{4}$  c. walnuts. In bowl, combine  $\frac{1}{2}$  c. quick rolled oats, soaked wheat, prunes and walnuts; stir in 2 c. milk or low-fat yogurt. Cover and refrigerate. In the morning: Divide muesli into 4 bowls. Top with sliced peaches, pears, grapes, apples or bananas. If desired, pass honey, or maple syrup for sweetening. One serving = 282 calories, 6 gm. fiber. Source: "The American Cancer Society Cookbook" by Anne Lindsay with Diane Find (Hearst Books, 1988).