

ARCHIVED RECIPES

CRUNCHY POWER BREAKFAST (SERVES 4)

Ingredients:

4 slices of Gardenia Walnut Country Loaf
100 g skinless roasted chicken, cut into small cubes
½ apple with skin, cut into small cubes
4 tbsps of celery, cut into small cubes
2 tbsps of almonds, roughly chopped
3 tbsps of raisins
30 g low fat cream cheese, softened
3 tbsps of plain low fat yoghurt
1/2 tbsp honey

**Cooking Method:**

1. Mix chicken, apple, celery, almonds and raisins together. Set aside.
2. Combine cream cheese with yoghurt and honey. Mix well to form a smooth dressing.
3. Add the chicken mixture to the yoghurt dressing and mix thoroughly.
4. Toast Gardenia Walnut Country Loaf till crisp and golden brown.
5. Top with chicken mixture and serve immediately.

Tip: You can use any leftover roast chicken or simply prepare your own chicken cubes using these simple steps:

Marinate lean skinless chicken thigh cut in cubes with a pinch of salt and pepper. Cook chicken in microwave, on HIGH for 8 mins