

CRUNCHY POWER BREAKFAST

Serves 2

INGREDIENTS

4 slices	Gardenia Walnut Country Loaf
100 g	Skinless roasted chicken, cut into small cubes
½ apple	With skin, cut into small cubes
4 tbsps	Celery, cut into small cubes
2 tbsps	Almonds, roughly chopped
3 tbsps	Raisins
30 g	Low-fat cream cheese, softened
3 tbsps	Plain low fat yoghurt
½ tbsps	Honey



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.