

THE PERI DIET

JAIME ROSE CHAMBERS

Eating
for a happy
and healthy
perimenopause
– and beyond



Serves 2

PERI-FRIENDLY MUESLI, FRUIT AND YOGHURT

- 1 tablespoon almonds
- 4 walnuts
- 4 Brazil nuts
- 1 tablespoon pumpkin seeds
- 500 g (2 cups) plain Greek-style or probiotic yoghurt (see Note on page 100)
- 1 teaspoon vanilla extract
- 2 teaspoons maple syrup
- 150 g (1 cup) mixed berries

To serve (optional)

extra seasonal fruit, such as peach, nectarine, fig, kiwi, etc

I've taken thousands of diet histories in my time and one of the most popular breakfast options by far is muesli with fruit and yoghurt, especially in the warmer months. While this can be a wonderfully healthy way to start the day if done right, it can also become a carbohydrate-dense and calorie-laden meal with not a lot of protein if the proportions aren't considered. That's why I'm sharing this super simple recipe here – to show you how to tweak the quantities in a perfectly peri-friendly way.

Place the nuts and pumpkin seeds in a small frying pan and toast over medium heat until they start to colour and become fragrant. Transfer to a chopping board and, once cool enough to handle, roughly chop with a large knife.

Mix the yoghurt, vanilla and maple syrup in a bowl, then divide between serving bowls.

Top each bowl with mixed berries and extra seasonal fruit, if you like, then sprinkle over the toasted chopped nuts and seeds.



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