



Bircher Muesli:

Ingredients:

- 3000g Rolled Oats or natural museli
- 250ml Milk
- 250ml Apple Juice
- 100g Raisins
- 250g + 100g Natural Yoghurt
- 80g Slivered Almonds toasted
- 2 green Apples Grated
- 50g pumpkin seed or sunflower seed
- 30 g + 10g honey
- 1 punnet mulberries or seasonal berries
- ½ tsp cinnamon

Method:

The Night Before

- Combine in a large bowl oats, milk, juice, 250g yoghurt, raisins & 30g Honey and stir to combine.
- Cover and rest in refrigerator overnight

On The Day

- Combine Grated Apple, almonds, pumpkin seeds, berries and cinnamon then stir to combine
- Serve in bowls and top with remaining yoghurt and honey