



Bircher Muesli

A simple and delicious breakfast that can be made the day before for a 'ready to go' breakfast.

Ingredients: (4)

- 80g whole rolled porridge oats
- 2 tbsp mixed seeds
- 2 tbsp desiccated coconut
- 2 tbsp natural yoghurt
(Alternatives: soya/coconut)
- 1 apple, grated
- 30g mixed berries
- 1 tsp cinnamon

Method

1. Mix all the ingredients together and add 200ml of water (or milk) into the oats.
2. Pop in the fridge overnight.
3. In the morning add some more water (or milk) to loosen the mixture.
4. Decorate with fresh fruit, serve and enjoy.

For an instant alternative use boiling water (or milk) and leave to thicken for a few minutes until the oats have absorbed the water.

Nutritional Benefits

Oats are a slow release carbohydrate that can give us energy. They also contain fibre and are easy to digest.

