

Quick and healthy recipes

Bircher muesli recipe

Yotam Ottolenghi's experimental take on the classic morning dish – part of his series of quick and healthy breakfast recipes

Yotam Ottolenghi

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This old classic, invented by Dr Bircher-Benner in Zurich for his patients in the 1890s, makes a perfect morning dish. It is like a blank canvas to which you can add any nut, fruit or seed you can think of – fresh or cooked. Agave nectar is a good substitute for refined sugars. It has a relatively low glycaemic index, which means it doesn't cause quick rises in blood sugar levels. It also has a nice, mild flavour.

Serves 4-6

200g rolled oats

200ml cold milk (full fat, low fat, soy or rice milk are all fine)

80ml apple juice

150g yoghurt (low fat or normal)

1 large granny smith apple, cored and roughly grated

70g agave nectar

60g raisins

½ tsp vanilla extract

Juice of 1 lime

60g walnuts, lightly toasted and roughly chopped

Your choice of fresh, poached or roasted seasonal fruit – plums, peaches, apples, pears, rhubarb – and/or fresh berries (optional)

- 1.** Put the oats in a large mixing bowl and add the milk and apple juice. Stir and leave aside for 10 minutes to soften. You can leave them to soak overnight in the fridge, which will soften them up a bit more, but it's not necessary.
- 2.** When ready to serve, add the yoghurt, grated apple, agave nectar, raisins, vanilla and lime juice.
- 3.** Stir and transfer to serving bowls. Top with walnuts and fruit if you like.

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
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