

Bircher Muesli



Bircher Muesli

SERVES 6



INGREDIENTS

- 2 cups rolled oats
- 1 apple, grated
- Juice of 1 large orange
[or 125ml juice]
- 200ml plain Greek yoghurt
- 1 cup milk
- $\frac{1}{3}$ cup mixed dried fruit
- 2 tablespoons seeds or
chopped nuts
- $\frac{1}{2}$ teaspoon cinnamon

METHOD

1. Combine all ingredients in a bowl and stir well.
2. Cover bowl and place in the fridge for at least one hour or overnight. Stir the oats occasionally.
3. Add a little more milk or yoghurt if desired before serving.
4. Serve topped with fresh fruit and a sprinkle of nuts or seeds.

RECIPE NOTES

- Oats are a great cereal choice for long lasting energy. They have a low GI and are high in fibre and calcium.
- Experiment with different dried fruit – dates, apricots, sultanas, cranberries and pears all work well.