

Bircher Muesli

Ingredients:

- ½ cups rolled oats or rice flakes
- ½ cup apple juice
- ½ cup grated apple
- 1 tablespoon natural yoghurt
- ½ lemon, juiced
- 1 teaspoon honey
- ½ cup chopped mixed berries, strawberries, blueberries, raspberries and sultanas
- 1 dessertspoon flaked almonds and sunflower seeds

Directions:

Soak oats, seeds and nuts in apple juice. Leave in the fridge overnight. When ready to serve mix through yoghurt, fresh fruit, lemon juice and honey.

Variations

For a gluten-free option, use rolled rice or GF rolled oats.

For a dairy-free option use coconut yogurt.

Add cinnamon on top.

