



Bircher Muesli

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

Ingredients

- 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

- Mix all the ingredients together and add 200ml of water (or milk) into the oats.
- Pop in the fridge overnight.
- In the morning add some more water (or milk) to loosen the mixture.
- 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.