

Bircher Muesli

Serves: 4

Prep time: overnight

Cook time: 0 minutes



1 ½ serves per portion

Ingredients

1 cup rolled oats

⅔ cup dried apricots

500 ml apple juice, no added sugar

4 green apples, grated

½ cup natural almonds, roughly chopped

1 cup blueberries

1 cup yoghurt, natural (to serve)

Honey to drizzle (to serve)

Method

PLACE the oats, apricots and apple juice in a bowl and stir to combine.

COVER and refrigerate overnight.

ADD the grated apples, almonds and blueberries next morning. Stir together.

SPOON the mixture into serving bowls.

DRIZZLE with yoghurt and honey on top.



Everyday Food

Recipe courtesy of Alison Alexander, Moggill Branch