

Bircher muesli

Serves 4-6

Ingredients

2 cups rolled oats *
¼ cup pumpkin seeds
¼ cup chia seeds
¼ cup sunflower seeds
¼ cup flaxseed
1 dessertspoon manuka honey
250 ml milk
1 grated apple
¼ cup of pear or apple juice
2 tsp lemon rind
1 cup fresh or frozen blueberries (or raspberries)*
200g Greek or vanilla yogurt
1 tbsp sliced almonds

Method

- 1) Combine all of ingredients keeping aside the almonds, yogurt and half of the blueberries. Refrigerate overnight
- 2) Divide the muesli between four-six bowls, serve with yogurt, almonds and a fresh seasonal fruit on the top.

*rice flakes can be used to create a gluten free version of this yummy breakfast.

*you can change the fruit to use dried apricots and sultanas for a delicious alternative

©Stephanie Gilroy APD

