



VEGETARIAN | MAKES 2 SERVES

Bircher muesli



Preparation time
5 minutes

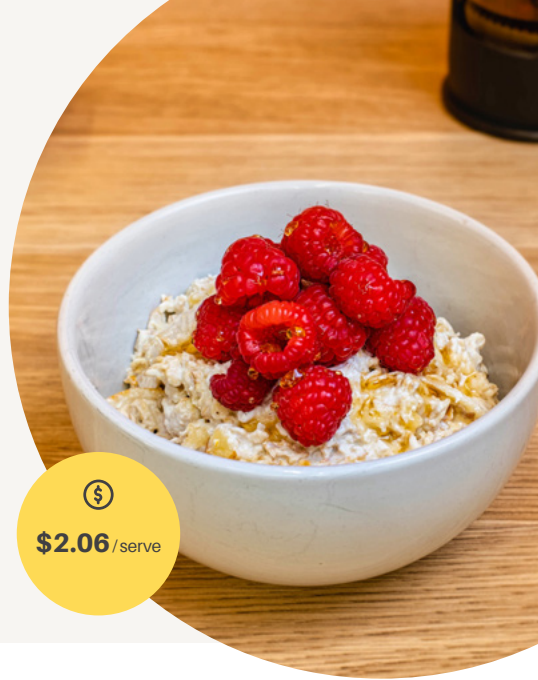


Cooking time
None



Equipment required
**Chopping knife,
mixing bowl,
grater, spoon**

We've included this bonus recipe to give you another easy and tasty breakfast idea. It only takes five minutes to prepare and will last in the fridge for 3-4 days.



\$2.06 /serve

Ingredients

- 1 cup rolled oats
- 1 orange, zest and juice
- 1/2 cup water
- 1 1/2 cups plain, natural yoghurt
- 1 apple (red or green), grated or very thinly sliced
- 1 teaspoon honey
- Frozen berries or other fruit, to serve

Method

- 1 In a large bowl, mix all ingredients together except for the berries/other fruit.
- 2 Store in the fridge overnight to allow oats to soften and absorb the liquid.
- 3 In the morning, check consistency and add more water (if mixture is too thick) or yoghurt (if mixture is not creamy enough).
- 4 Serve with any frozen or fresh fruit you have on hand.

Variations

- GF** - Swap oats for quinoa/buckwheat flakes.
- DF** - Use coconut yoghurt.
- VG** - Use coconut yoghurt, swap honey for maple syrup.

Tips

- Can add any other nuts/seeds you have on hand.
- Can add a pinch of ground cinnamon.



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