

Signature Bircher Muesli

Soaked Oats in Skim Milk with Mixed Seeds, Nuts, Cinnamon, Greek Yoghurt, Banana, Green Apple, Sultanas and Maple Syrup **V**

Allergens – Dairy, Nuts, Gluten

Ingredients – Serves 1

25g oats	Handful of toasted almonds, roughly chopped
1 tbsp sultanas	
6 tbsp apple juice	Mix of toasted pumpkin seeds, sunflower seeds, hazelnuts and macadamia nuts
1 green apple, peeled, seeded, coarsely grated	Spoonful of yoghurt, to top
Splash of skim milk, to loosen	Sliced bananas, to top
Cinnamon powder	Maple syrup, to top

Method

1. Soak the oats and sultanas in the apple juice overnight.
2. Put the apple in a bowl, along with a pinch of salt. Add enough milk to bring to a loose porridge consistency.
3. Sprinkle with the nuts and seeds and add a dollop of yoghurt, plus a drizzle of maple syrup. Garnish with the bananas.