

Apple & sultana bircher muesli

Preparation time

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Serves

4

Recipe courtesy of

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Ingredients

Method

Nutrition

2 cups rolled oats

1½ cups unsweetened apple juice

2 cups vanilla yoghurt

1 cup sultanas

¼ tsp nutmeg

½ tsp ground cinnamon

2 apples, peeled and grated

pepitas, to sprinkle on top

1. Place the oats, apple juice, yoghurt, sultanas, nutmeg and cinnamon in a large bowl and mix well. Leave to sit in the fridge overnight, or at least 6 hours.
2. Once the bircher has soaked overnight, stir through peeled apple. Serve topped with a small handful of pepitas. The bircher muesli will keep for a few days.

Nutritional information is provided per serve

Energy 2211kJ (528 calories)

Protein 15g

Saturated Fat 4g

Total Fat 11g

Carbohydrates 86g

Sugars 63g

Dietary Fibre 10g

Sodium 80mg