

Bircher Meusli

Ingredients

- 2 cups/150g rolled oats
- 1 $\frac{3}{4}$ cups/420ml milk of your choice
- $\frac{1}{4}$ cup/60ml unsweetened apple juice
- 3 tbs lemon juice
- 1 unpeeled apple cored and grated
- 1 tbs honey
- 1 $\frac{1}{2}$ cups/375g plain yogurt of your choice
- dash of cinnamon
- Toppings e.g. fresh and/or dried fruit, nuts, toasted coconut, berries etc

Method

- Combine oats, milk, apple juice & lemon juice and refridgerate overnight.
- In the morning add the grated apple, honey, yogurt, cinnamon & mix well
- Add toppings.

Breakfast on the run?...night before - mix oats etc in one jar, mix toppings in another....in the morning pour one into the other and off you go!