Fruit bircher muesli

Preparation time

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Serves

2

Recipe courtesy of

Sandy Chan, Accredited Practising Dietitian (APD)



Ingredients Method Nutrition

1 cup of rolled oats - soaked in 1 cup water (either soak for 2 hours or overnight in the fridge)

1/2 cup of slivered almonds, toasted

1 cup of mixed strawberries and blueberries

1 kiwifruit, sliced without removing skin

1 cup of low fat, unsweetened plain yoghurt

1 tsp of cinnamon powder (optional)

1. Place the oat mixture in a bowl and add yoghurt, kiwifruit, strawberry and blueberry.
2. Serve with slivered almond on top of the mixture. If desired, sprinkle with cinnamon powder.

Nutritional information is provided per serve

Engery	1886kJ (451 calories)
Protein	21g

Saturated Fat	2g
Total Fat	20g
Carbohydrates	43g
Sugars	18g
Dietary Fibre	12g
Sodium	125mg