Apple & sultana bircher muesli

Preparation time

-

Serves

4

Recipe courtesy of

Anna Muir, Accredited Practising Dietitian (APD)



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

Engery	2211kJ (528 calories)
Protein	15g
Saturated Fat	4g
Total Fat	11g
Carbohydrates	86g
Sugars	63g
Dietary Fibre	10g
Sodium	80mg