

Oat Bircher Muesli

Serves 2

300 calories per serving

Ingredients

80g rolled oats

200ml fresh apple juice

70ml almond milk

Pinch of cinnamon

½ lime zested

1 tsp honey

1 apple, grated

1 kiwi, peeled and diced

½ pomegranate

1 tbsp toasted sliced almonds

Method

- 1. Place the oats in a large bowl and cover with the apple juice, milk, cinnamon, lime zest and honey. Combine well and cover. Place in the fridge for 20 minutes.*
- 2. Remove from the fridge and stir through the grated apple. Add more almond milk if a little too thick.*
- 3. Top with kiwi and pomegranate.*
- 4. Serve.*

