

FIONA TUCK

NUTRITION WELLNESS YOGA



Apple Spice Bircher Muesli

Ingredients:

1 whole apple
1 whole small carrot
3/4 cup whole oats
2 tablespoons chia seeds
1/2 teaspoon cinnamon
1 cup milk (of your choice)

Prep: 15 mins

Cook: 0 mins

Serves: 2

To serve:

1/2 cup full fat Greek yoghurt
2 tablespoon almonds, chopped roughly

Directions:

1. Finely grate the apple and carrot.
2. Place in a bowl then add oats, chia seeds, cinnamon and milk of your choice.
3. Mix well to combine.
4. Divide between two jars or serving bowls, cover and store in the fridge overnight.
5. To serve, top with yoghurt and chopped almonds.

Tip: Prepare the Bircher the night before. Store in a jar for an easy on the go breakfast.
