

Bircher Muesli

Soaked Overnight

Ingredients

8 Large handfuls of Organic Scottish Oats
1 handful of chopped dried apricots
1 handful of chopped dried dates
1 handful of crumbled walnuts
1 handful of smashed or chopped almonds, hazel nuts or Brazil nuts
Optional Ingredient – grated apple
Organic Milk/Oat milk/Almond milk – dairy free milk of your choice

Method

The night before you want your muesli, mix all the ingredients together in a plastic container. At this point you can add or subtract dried fruits and nuts to your own taste.

1. Place some muesli in a bowl, say two cups, and cover with milk (or dairy free milk of your choice).
2. Grate in an apple and stir to mix through
3. Place in the fridge overnight. This should give you enough for a few days.

Note: I don't generally use the apple as I find it sweet enough.

To Serve

Optional ingredients – banana, honey, vanilla, cinnamon, berries, yoghurt

Remove from the fridge. It will have thickened - you can loosen it with a little milk. You can add banana and honey to taste or even vanilla and/or cinnamon. It's up to you!
Alternatively, you could also add fruits like mixed berries and a dollop of yoghurt. Enjoy!