

Birchermüsli

by Françoise La Prune



serves	level	prep time	resting time	category
3 - 4	easy	15 min	overnight	weekday weekend



Get all the nutrition and energy you need for a great start to your day with this Birchermüsli. Don't limit yourself to breakfast, as it works such as well for lunch or picnics.

Ingredients

200g **strawberries*** - hulled
1 **lemon** - juiced
170g **greek yoghurt** (I use Total 2%)
1 **tbsp honey**
80g **rolled oats**
2 **apples** - grated

Suggested:

1 **peach** - cut into small cubes
1 handful **blueberries**
1 handful **blackberries**
1 handful **strawberries** - hulled and quartered
4 **tbsp mixed nuts** (almonds, walnuts, pistachio, pecan...) - roughly chopped
2 small handfuls **dried fruits** (mango, cranberries, raisins...)- roughly chopped
3**tbsp mixed seeds** (pumpkin, sunflower, flax, chia...)
date syrup - to taste

Instructions

1. Start the night before by putting the hulled strawberries*, lemon juice, greek yoghurt and honey in the blender. Mix until the strawberries are pureed.
2. Pour the mixture into a bowl, add the oats, stir until all the oats are incorporated into the yoghurt. Cover with cling film and put into your fridge overnight.
3. Next morning, take out the mixture, add the grated apples. Stir.
4. Add the remaining fruits, seeds and nuts to your Birchermüsli.
5. Drizzle some date syrup over your Birchermüsli if you like it a bit sweeter.
6. Enjoy!

Tips / Variations:

- Add some whipped cream for a naughty weekend version.
- Exchange the fruits in the recipe (except the apples) with seasonal produce.
- Make it a fun event for the family! Prepare the Birchermüsli up until you incorporate the apples and have a all the additional ingredients arranged for the children to choose from.