



## Bircher Muesli w/ Berries

### Ingredients

- 2 ½ cups rolled oats
- 1 cups unsweetened apple juice
- 1 granny smith apple, coarsely grated
- 1/2 cup slivered almonds
- 1 tbs pepitas
- 1 tbs chia seeds
- 1 small limes, juiced
- 1 cup plain low fat yoghurt
- 1 cup mixed fresh berries blueberries, strawberries, raspberries
- 2 tablespoons honey

### Method

1. Place oats in a large bowl.
2. Pour over apple juice to cover, stir.
3. Cover and refrigerate for at least 1 1/2 hours.
4. Just before serving, stir in apple, almonds, pepitas lime juice, 3/4 cup yoghurt and 3/4 cup mixed berries.
5. Spoon muesli into bowls.
6. Top with remaining yoghurt and mixed berries.
7. Drizzle with honey.
8. Serve immediately.

Recipe adapted from Taste.com.au