



## ***Bircher Muesli***

(makes 1 generous or 2 smaller servings)

*I learned how to make real authentic Bircher muesli whilst working as a waitress in the mountains of Switzerland in my early 20s. Since then, I have been playing around with the revered Dr Maximilian Bircher-Benner's classic, restorative recipe and this is one that doesn't include much fruit but still has a wonderfully sweet edge. The big bonus is that you can make it the night before and simply dive into the fridge in the morning for a helping or take it to work!*

### **Ingredients**

6 tablespoons oats  
140ml coconut water  
2 tablespoons flaked almonds (toasted or un-toasted)  
½ tablespoon Manuka honey  
1 tablespoon 0% fat Greek yoghurt  
2 teaspoons lemon/lime juice  
½ apple, peeled, cored and grated  
4 fresh mint leaves, very finely chopped

### **Method**

Combine all the ingredients in a bowl, mix really well, cover and place in the fridge overnight. Serve with a sprinkling of cinnamon powder or grated nutmeg on top.