

Bircher Muesli

Serves 2



In a bowl, mix together the oats, seeds, dried fruit and cinnamon. Add the grated apple, apple juice and yoghurt and mix well. Cover and chill for several hours or overnight in the fridge.

Spoon the muesli into bowls and drizzle over some honey to taste. You can adjust this recipe to include your favourite fruits, nuts and seeds. We like to top it with blueberries and sliced banana.

Ingredients

- 50g rolled oats
- 25g mixed seeds (we like a mix of pumpkin, sunflower and chia seeds)
- 25g dried fruit (raisins, chopped apricots and cranberries)
- pinch of cinnamon
- 1 apple, grated or chopped into little pieces
- 50ml of apple juice, milk or water
- 200ml yoghurt (or milk or coconut milk)
- honey, to taste
- handful of blueberries
- 1 banana, chopped

Did you know...?

Muesli means 'little mush' in German! Maximilian Bircher-Benner was a Swiss doctor and nutritionist who created Bircher muesli over 100 years ago. He was a believer in the superpowers of fresh fruit and vegetables.

Alpine shepherds have eaten muesli for hundreds of years. After going on a hike in Switzerland, Dr. Bircher-Benner was served a bowl of muesli by a dairy farmer. He is said to have taken inspiration for his own Bircher muesli recipe from this hearty meal.

Today, there are many variations of Bircher muesli. Why not have a go at experimenting with different ingredients and come up with your very own recipe, just as Dr Bircher-Benner did all those years ago?

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