

# BREAKFAST RECIPES



## Bircher Muesli -



### Ingredients:

- 2 cups oats
- 1 cup yoghurt (reduced fat - any flavour)
- 1 cup milk (reduced fat)
- 1 1/2 cups orange juice
- 1/2 cup (or more if preferred) sultanas

### Method:

1. Place all ingredients into a bowl and mix.
2. Leave overnight in the fridge.
3. Stir ingredients.

### Alternative:

- Add pumpkin seeds & sunflower seeds.
- Add sliced almonds.
- Add chopped dried apricots or other dried fruits.
- Serve with fresh fruit.

