



Bircher Muesli

Ingredients

1 cup	Harraways Muesli Base Roasted Oats and Barley Flakes (Unsweetened)
120g	Mango or Peaches (drained and chopped)
130g	Apple (cored and grated with skin on)
1/3 Cup	Yoghurt (plain, low fat)
25g	Flaked or slivered almonds
½ tsp	Cinnamon

Method:

To prepare the Bircher, you can use fresh or canned fruit, if you use canned fruit drain syrup and slice fruit according. Prepare all remaining fruit and place in a bowl. Mix in yoghurt and Harraways Roasted Oat and Barley flakes Unsweetened. Then combine all remaining ingredients, cover and leave in the fridge for a minimum of 1 hour (or overnight to enjoy first thing in the morning). The consistency of the Bircher comes down to personal preference and this can be tailored to suit your personal taste. Consume within two days of preparation. The recipe makes 2 servings of 225g per serving. Energy 1360kJ, Carbohydrate 45g, Sugar 18g.



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Recipe developed in accordance with the Heart Foundation Tick recipe development guidelines.

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