

Bircher Muesli with Seeds, Nuts and Prunes



Aus Prunes

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A delicious, healthy and satisfying breakfast that the entire family will love. A great way to kick start your day.

SERVES: 4 | PREP TIME: 5 mins | LEVEL OF DIFFICULTY: ●○○

Vegetarian, can be made dairy free*

Muesli

INGREDIENTS

- 2 cups rolled oats
- 1 cup apple juice
- 1 medium sized green apple, grated
- 1 cup regular fat natural yoghurt
- 1 tsp cinnamon
- 1 tsp apple cider vinegar
- 70g (approx. 10) **Australian prunes**, pitted and chopped

TO SERVE

- 1 tbsp honey
- 1 tbsp chopped mixed nuts
- 1 tbsp mixed seeds

METHOD

1. Put all ingredients into a bowl (oats, juice, apple, yoghurt, cinnamon, apple cider vinegar, prunes), stir well to combine, cover and refrigerate overnight.
2. In the morning, stir through a little milk to soften the muesli and top with honey, nuts and seeds to serve.

To make this breakfast dairy-free you can use coconut yoghurt and coconut or almond milk to serve.

NUTRITION

Per serve (dairy ingredients included): Energy 1480kJ • Protein 10g • Total fat 9g • Saturated fat 3g
• Total Carbohydrates 52g • Total sugars 29g • Dietary fibre 7g • Sodium 50mg

18g prunes per serve (1/3 of daily 50g serve of prunes)

- ✓ Good source of energy
- ✓ Good source of protein
- ✓ Source of carbohydrates
- ✓ Natural fruit sugar from prunes
- ✓ Good source of dietary fibre
- ✓ Low in sodium



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