

# QUICK BIRCHER MUESLI - with fruit salad & yoghurt

## WHAT YOU NEED:

**BIRCHER MUESLI:** serves 8

- 2 cups quick oats
- 1 cup rolled oats
- 1 cup apple juice
- 1 cup milk
- $\frac{1}{2}$  tsp cinnamon
- 2 Tbs honey
- $\frac{1}{4}$  cup sultanas
- $\frac{1}{4}$  cup craisins (dried cranberries)
- $\frac{1}{4}$  cup currants
- 6 dried dates, chopped
- 6 dried apricots, chopped
- 1 apple, peeled with skin on
- 1 pear, peeled with skin on

**UTENSILS:**

- Wooden spoon      Mixing bowls
- Safety knife      Chopping board
- Grater              Scissors
- Measuring cups and spoons



## TOPPINGS:

- 2 cups vanilla yoghurt
- $\frac{1}{4}$  cup pepitas/sunflower seeds
- 2 cups fruit salad (mix of fresh and canned fruit)

**ALLERGIES/INTOLLERANCES:** A gluten/dairy free alternative will be provided.

Any questions, please see Mrs Felton.

## WHAT TO DO: BIRCHER MUESLI

1. Measure the quick and rolled oats and place into a medium sized bowl.
2. Add apple juice and milk. Mix together with a wooden spoon.
3. Add cinnamon, honey, sultanas, craisins and currants. Mix.
4. Cut dates and apricots into small pieces with scissors. Add and mix.
5. Grate apple and pear. Add, mix well and set aside for at least 30 mins.
6. Serve topped with yoghurt, fruit salad and pepitas/sunflower seeds.

## WHAT TO DO: FRUIT SALAD

1. In a small bowl place 1 cup canned fruit salad. Add  $\frac{1}{2}$  cup mixed berries.
2. Add half a banana, sliced and 10 grapes cut in half. Mix and serve with muesli.

A DELICIOUS and HEALTHY way to start the day!!!!!!!

## TO SET YOUR TABLE YOU WILL NEED:

A bowl, spoon and glass