

Hi guys!

I'm not a big fan of porridge (oatmeal) - I know Jeff, shock horror! But I am loving Bircher Muesli (good for the warmer months too - which it is here in Australia now).

My Bircher Muesli recipe (adapted from Sophie Gray)... (I don't 'do' low-fat products but you could and I have seen different recipes using fruit juice - I'm sure Google would provide some alternatives) This makes enough for two:

1/2 cup oats
1/2 cup yoghurt (plain or flavoured)
1/2 cup milk
1 apple, grated
1 Tbsp honey
1/4 tsp cinnamon

Mix together and leave covered in fridge overnight. In the morning add fresh fruit, seeds and nuts as desired. Before adding this, I calculate each serve at about 236 calories using full fat dairy.

Enjoy!

Rebecca