



Overnight Bircher Muesli

(makes 1 generous or 2 smaller servings)

I learned how to make real authentic Bircher muesli whilst working as a waitress in the mountains of Switzerland in my early 20s. Since then, I have been playing around with the revered Dr Maximilian Bircher-Benner's classic, restorative recipe and this is one that doesn't include much fruit but still has a wonderfully sweet edge. The big bonus is that you can make it the night before and simply dive into the fridge in the morning for a helping or take it to work!

Ingredients

6 tablespoons oats
140ml coconut water
2 tablespoons flaked almonds (toasted or un-toasted)
½ tablespoon Manuka honey
1 tablespoon 0% fat Greek yoghurt
2 teaspoons lemon/lime juice
½ apple, peeled, cored and grated
4 fresh mint leaves, very finely chopped

Method

Combine all the ingredients in a bowl, mix really well, cover and place in the fridge overnight. Serve with a sprinkling of cinnamon powder or grated nutmeg on top.