THE LIGHTER PLATE METHOD

Cinnamon Apple Bircher Muesli

Grated apple and cinnamon soften into the oats for a gently sweet, spoonable start.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**2**	**EASY**

Ingredients

- 80 g porridge oats
- 1 apple (coarsely grated, skin on)
- 150 g natural yoghurt
- 150 ml apple juice
- 30 g sultanas
- 1 tsp ground cinnamon

Method

1. Combine the oats, sultanas and cinnamon in a bowl.
2. Pour over the apple juice and stir, then fold through the yoghurt.
3. Grate in the apple, including the juice that comes with it, and mix well.
4. Cover and chill overnight. Loosen with a splash of milk or juice before serving.

Tips & swaps

- Grate the apple last and stir it in straight away so it does not brown. A tart apple such as Bramley or Granny Smith gives the best contrast to the sultanas.

Storage & reheating

Keeps covered in the fridge for up to 2 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**10g**	**55g**	**5g**	**6g**

Estimated values, for guidance only. Contains: Oats (gluten), Milk.