



BIRCHER MUESLI



Equipment : Grater, chopping board, measuring spoons, measuring jug, mixing bowl, large spoon

Working in pairs

Ingredients

35g oats
100ml apple juice
1 small grated apple skin on
1 tbsp. natural yogurt
1 tbsp. frozen mixed berries
Pinch of cocoa powder OR cinnamon
1 tbsp. toasted sunflower seeds

Method

1 Pour the oats into a mixing bowl.

2 Measure out the apple juice.

3 Pour the juice over the oats and mix well.

4 Grate apple with skin on, onto a chopping board.

5 Add the yoghurt, mixed berries, sunflower seeds and cocoa (or cinnamon) and combine thoroughly

6 Divide in half and place in a container.

Nutrition

Yoghurt- high in calcium.

Berries- high in vitamin C.

Apples- vitamin c and fibre.

Oats and seeds- high in fibre
and slow release of energy.

Modification for a Healthy Diet

low fat yoghurt