



CLONAKILTY

CHEF EUNICE POWER'S BIRCHER MUESLI



By Irish Yogurts Clonakilty

Bircher Muesli

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Method

- Cover the oats with the apple juice, stir in the stewed apple if using and leave to soak overnight in the fridge.
- In the morning stir in half of the [Irish Yogurts Clonakilty Spoonable Natural Kefir](#) ,coarsely grate the apple and add this, stir to combine OR if you prefer you can use [Irish Yogurts Clonakilty Fat Free Natural Live Yogurt](#) instead
- Divide between 4 bowls, serve with a dollop of yogurt and a sprinkling of almonds. Feel free to add berries, seeds and nuts as you wish.

Ingredients

- 180g porridge oats
- 360ml of apple juice
- A tbsp of stewed cooking apple - optional
- 200g of [Irish Yogurts Clonakilty Spoonable Natural Kefir](#)
or
200g of [Irish Yogurts Clonakilty Fat Free Natural Live Yogurt](#)
- 1 large apple



- A tbsp of chopped roast almonds

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