

## **Bircher muesli**

*From Jessie's Juice Bar*

Ingredients (serves 2-4 people):

2/3 cup oats, preferably old-fashioned/rolled oats  
2 tablespoons chia seeds (if you don't have these use an extra 1/3 cup of rolled oats)  
1 tablespoon unsweetened shredded coconut (optional)  
1/2 teaspoon cinnamon/mixed spice  
pinch of sea salt  
1/4 cup dried chopped dates (you can substitute another dried fruit here if you like)  
1 cup milk of choice  
A squeeze of lemon juice

*Optional:*

1 apple, washed and grated  
Toasted nuts and seeds  
Fresh or more dried fruit  
Greek yogurt or cashew cream  
Honey or maple syrup

Directions:

Mix all of the above ingredients, cover and refrigerate at least overnight (this will keep for several days so you can double the recipe and have throughout the week).

For a range of flavours, use your optional ingredients!

- Add in the grated apple to serve and top with some toasted nuts/seeds for some crunch.
- Add some more fresh or dried fruit and a little yoghurt/cashew cream
- Drizzle with a little honey or maple syrup if you like it on the sweeter side

Enjoy!