



BREAKFAST

BIRCHER SMÜSLI

- I. Cut the apple into quarters and add together with all other ingredients to the blender.
- II. Mix the ingredients until a smooth but still chunky consistency is reached.
- III. Before consumption, garnish with berries or other fruit and then enjoy!

TIP: Prepare the Smüsli the evening before if possible. During the night, the oat flakes and flaxseed can soak through well and absorb the apple aroma!

INGREDIENTS:

150g curd
200ml milk of your choice
50g coarse oat flakes
1tbsp chopped walnuts
1tbsp Flaxseed
1tbsp Dried fruit (dates, cranberries, raisins)
1 apple
Fresh fruit as required



Preparation time: 10min

GIVE IT A TRY:

To round off the Bircher Smüsli, refine it with cinnamon, fresh vanilla and a little honey.

Choice of milk: 3.5%, 1.5%, almond , rice or soy milk - you get to choose
