

Bircher Muesli

 Serves: 4  Difficulty: Easy



Ingredients

- 1 ½ cups rolled oats
- 1 cup low fat milk
- 1 apple - grated
- 2 tbsp pepitas (pumpkin seeds)
- ¼ cup orange juice
- ½ tsp orange rind - grated
- 1 ½ cups raspberries (fresh or frozen)
- ¾ cup natural yogurt
- 2 tbs pistachios - chopped

Method

1. Combine oats, milk, apple, pepitas and orange juice in a bowl. Cover and refrigerate overnight.
2. Stir orange rind through muesli.
3. Divide between serving bowls and top with raspberries, yogurt and pistachios.