



Live Life Cook



By John Casey

Bircher Muesli

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Bircher Muesli is a delightful breakfast to have every morning to give you the energy requirements, fibre and other nutrients that are packed into this dish. It is a great source of soluble fibre, which provides about 20% of your daily intake which is really important for your nutritional needs.

Feel free to adjust, add or change up the ingredients in this recipe to achieve your desired flavour. Remember a recipe is a guide and you can always put your own touch to it too.

Perfect to be shared or to enjoy as a delicious snack throughout the day. Will keep for three to four days in an airtight container.

Nutrient packed ... a fantastic way to start your day.



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INGREDIENTS

- Rolled oats 150g
- Almond Flaked 20g
- Golden Sultanas 25g
- Grated Apple 50g
- Goji Berries 25g
- Apple Juice 200ml
- Cinnamon (pinch)
- Natural /Flavoured Yoghurt 200g

METHOD

• Step 1

Coarsely grate the apple. Mix the grated apple, rolled oats, apple juice, sultanas, goji berries, yoghurt and cinnamon in a bowl until well combined. Cover and place in the fridge for 3-4 hours or overnight.

• Step 2

(If the muesli has been soaking overnight, add a little extra yoghurt only as desired.) Top with the berry and almond mix and serve.

• Step 3 (optional)

Combine extra almonds, blueberries and sliced strawberries and sprinkle on top.



NUTRITION BY JULIE DUNDON

A great tasty breakfast is the best way to start the day. Our recipe for Bircher Muesli ticks all of the right boxes for easy and healthy choice with lots of options to adapt the recipe according to your own personal taste. This muesli is high in fibre- so important for good bowel function and the soluble fibre in the rolled oats can help to lower cholesterol. It is low glycaemic index, meaning that this muesli should give you sustained energy right through your busy morning and is a great option for people with diabetes. The antioxidants in the berries are also important disease-fighting compounds. Scientists believe they help prevent and repair the stress that comes from oxidation, a natural process that occurs during normal cell function. And don't forget the calcium, which is needed for strong bones. Calcium, together with Vitamin D has a role in the prevention of osteoporosis (or brittle bones).

A breakfast of white toast with butter and vegemite, will be much lower in fibre and does not have the variety of vitamins, minerals and fibre that can promote good health. You are also more likely to run out of energy halfway through the morning and more likely to munch on other snacks.

So all in all our Bircher Muesli is power- packed with nutrition and is the boost you need at the beginning of every day. It can help you to feel fuller for longer and makes it easier to choose other healthy options later in the day.

Alternatives:

Use milk instead of juice to increase the protein and calcium.

Add more nuts to increase your healthy fats.

Use a variety of fresh fruits either in the mix or added on top of the muesli.

Nutrition Information 3 Serves This provides PER SERVE	
Energy - KJ Cals	1470 352
Protein - gm	11
Fat Total- g Saturated- g	8.7 1.6
Carbohydrate - g	54.2
Fibre - g	6
Sodium - mg	60



Julie Dundon - AdvAPD Dietitian