

## **Bircher Muesli**

1 fresh apple (skin on)  
1 dessertspoon liquid honey

½ cup (50g) raisins or sultanas  
½ cup (50g) dried apricots  
½ cup (50g) dried figs  
50g hazelnuts or walnuts

2/3 cup (75ml) apple juice  
2/3 cup (75ml) orange juice

2 cups (100g) rolled oats

Put the fruit juices into a bowl

Grate the apple and add to the juices, cut the dried apricots and figs into smaller pieces, add to other ingredients, then the raisins, hazelnuts, and honey. Stir to incorporate well and keep covered with cling film in refrigerator until required .It will keep well for two or three days.

Just before serving stir in a cup of natural yoghurt.

*A little added whipped cream is nice but takes away the healthy aspect this muesli somewhat!*

*The dried fruits used can be changed as desired, as can the juices, this is a good starter recipe that can easily be adapted to your own preferences.*