

Low Sugar Bircher Muesli

Serves 2 - 3



Customize this recipe by adding your favorite toppings, or use different grains (such as brown rice, buckwheat or quinoa flakes) in place of, or as a combination with, the oats.

Ingredients

- 1 cup thick rolled oats (not instant)
- 1/2 cup coconut milk
- 1/2 cup plain yogurt (unsweetened)
- 1/2 a green apple, grated
- juice from 1/2 a lemon (optional)
- 1/2 cup frozen blueberries
- 1/4 cup walnuts
- Additional scrumptious things: shredded coconut, cinnamon, seeds...

Directions

Combine all of the ingredients in a large bowl; mix well (add a little water if mixture is too thick). Divide into serving bowls and leave in the fridge for two hours or overnight. Enjoy.

Watch The Video Tutorial

Watch the video tutorial at: jenniferdenewellness.com/low-sugar-bircher-muesli