

Recipes

Strawberry Short Cake Bircher Muesli

Serves 4 Prep Time: 10 min

This recipe tastes very similar to strawberry short cake. It is packed full of protein, fibre and good fats that will help to fill you for the morning. It also works well as an afternoon snack or dessert.

Ingredients:

- 2 cups rolled oats
- 300ml of milk
- 100g of frozen or fresh strawberries
- 1/2 cup of plain yogurt
- 1/4 cup of pepitas (pumpkins seeds)
- 1/4 cup of roasted cashews (no salt)
- 1 tbsp of desiccated coconut
- 1 tsp of good quality strawberry jam
- 1 tsp of organic stevia (if needed)

Method:

- 1) Crush the cashews.
- 2) Then add all the ingredients into a tall container or glass jar.
- 3) Leave overnight in the fridge to soak and serve for breakfast.



This recipe stays fresh for a maximum of 4 days