



## SUMMERY MANGO COCONUT BIRCHER MUESLI



### Method:

1. Place all ingredients of the muesli mix in a large bowl. Toss to combine thoroughly. Store the muesli mix in an airtight container, in a cool part of your pantry for up to two weeks.
2. To make the Bircher Muesli, combine the muesli mix, mango, yoghurt, milk, apple juice and honey in a large bowl. Mix well to combine the Bircher. Allow to sit in the fridge, covered, overnight (or at least four hours).
3. In the morning, serve your Bircher muesli with any toppings you please. Our favourite combination is fresh berries and a handful of toasted almond flakes.

### Ingredients:

#### MUESLI MIX:

- 2 cups rolled oats
- ¼ cup shredded or flaked coconut
- ¼ cup dried raisins/diced dried fruit of your choice
- 1 teaspoon mixed spice
- 1 teaspoon ground cinnamon
- Zest of 1 orange

#### BIRCHER:

- 2 cups of muesli mix (see above)
- 1 cup diced mango (fresh or frozen)
- 1 cup of Greek yoghurt
- 1 tablespoon of lemon juice (mixed in the yoghurt)
- ½ cup milk of your choice (we suggest cow's milk)
- ½ cup apple juice
- 1 tablespoon honey

### Nutrition Information

1 serve = 75 grams

Nutrient	Per serve
Energy	1682 kJ
Protein	9 g
Fat	16 g
Carbohydrate	52 g
Sodium	45 mg
Fibre	8.5 g
Calcium	100 mg

### HOT TIPS



Bircher muesli is a great idea for those of you who want to get your training done in the morning and not be in a rush for breakfast. To save time, make the entire quantity of the recipe and use it over several days (if you're cooking for one it might even last the week!). That's one less worry off your shoulders.