

BIRCHER MUESLI



Ingredients

- Add oats, water, milk, protein powder and 1/2 the banana thinly sliced into a saucepan then turn heat to medium. Cook until oats begin to bubble then stir until
- oats are cooked and creamy, about 3 minutes. Remove pan from heat then stir in
- vanilla. Pour into a bowl then top with remaining 1/2 sliced banana, blueberries,

PREPARATION: 5MIN
COOKING TIME: 3MIN
SERVES 1-2PEOPLE

Directions

1. The night before you want to eat the bircher, soak the oats with the milk, salt and vanilla extract in a bowl. Stir well and put the bowl in the fridge overnight.
2. place the cinnamon, coconut oil and seeds into a frying pan over a low heat, and toast them for a few minutes. Leave to cool, then cover.
3. in the morning, grab the oats from the fridge, grate the apple on top, dollop on the yogurt and sprinkle the cinnamon and seeds over the top.



This will keep in the fridge for 2-3 days so its a good for meal prepping!