

Orange bircher muesli with fresh fruit



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Preparation: 25 minutes (+ chilling time) **Serves:** 4

Ingredients:

- 1 1/2 cups bircher muesli or rolled oats
- 1 1/2 cups fresh orange juice (about 4 oranges)
- 1 medium Granny Smith apple
- 1/2 cup reduced fat thick natural yoghurt
- 3 passionfruit, halved
- 150g seedless grapes, removed from stems
- 2 medium bananas, sliced
- honey, to serve

Method:

1. Combine bircher muesli or rolled oats and orange juice in a medium bowl or airtight container. Stir to combine. Cover and refrigerate for 3 hours or overnight.
2. To serve, core and coarsely grate the apple. Add grated apple, yoghurt and pulp of 1 passionfruit to chilled muesli or oat mixture. Stir to combine. Spoon into serving bowls, top with grapes and banana. Drizzle with remaining passionfruit pulp and honey and serve.



Passionfruit:

- The seeds in passionfruit give this fruit top marks as source of fibre. Dietary fibre helps keep the intestine healthy.
- A good source of beta carotene which the body converts to vitamin A. This vitamin is important for vision in dim light.
- A good source of niacin (vitamin B3), which helps release energy from the proteins, fats and carbohydrates in our food.