

## Rhubarb & apple compote with chia bircher muesli



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Preparation 25 mins + overnight chilling | Cooking 6 mins | Serves 4-6

Store any leftover bircher muesli and rhubarb & apple in separate airtight containers in the fridge ready for another breakfast.

### Rhubarb & Apple Compote:

- 1 bunch rhubarb, trimmed and leaves discarded\*
- 2 Granny Smith apples
- 2 tbs caster sugar

### Chia bircher muesli:

- 2 tbs white chia seeds
- 1½ cups rolled oats
- 1¼ cups reduced fat milk
- 1 cup reduced fat vanilla yoghurt

\* about 350g trimmed rhubarb is required.

**STEP 1** Wash rhubarb in cold water. Cut rhubarb into 2cm pieces. Peel, core and chop apples. Place rhubarb, apples and sugar into a large heatproof dish. Gently toss to combine. Cover and microwave on high for 4 minutes. Carefully remove cover and stir. Cover and microwave on high for 1-3 minutes until fruit is tender. Set aside, stirring occasionally, for 30 minutes then transfer to an airtight container and refrigerate.

**STEP 2** To make chia bircher muesli, place chia, oats and milk in a bowl and stir well to combine. Cover and refrigerate overnight.

**STEP 3** To serve, stir yoghurt through the chia bircher muesli. Spoon into serving bowls. Top with rhubarb and apple compote. Serve with extra milk if liked.

## Good for you... RHUBARB

A good source of dietary fibre which helps keep the intestine healthy. Provides potassium which takes part in many biochemical reactions in the body. Provides some vitamin C, a vitamin that assists the absorption of iron.

