

Custard apple & super seed bircher muesli



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Preparation 15 mins (+ overnight chilling time) | Serves 4

 $1\frac{1}{2}$ cups rolled oats ⅓ cup pepitas ¹/₃ cup sunflower seeds ¹/₄ cup linseeds 2 cups coconut water or apple juice 1 ripe custard apple 1 Granny Smith apple 1 tbs lime juice

To serve: 1¹/₃ cup Greek-style natural yoghurt 2 passionfruit, halved 1/3 cup toasted coconut flakes

STEP 1 Place oats, pepitas, sunflower seeds and linseeds into a 4-cup air-tight container. Pour over coconut water. Cover and refrigerate overnight.

STEP 2 Just before serving, halve custard apple, scoop out the flesh and deseed. Finely slice apple using a V-slicer or sharp knife. Drizzle apple and custard apple flesh with lime juice.

STEP 3 To serve, divide oat mixture between serving bowls. Top each with yoghurt, apple, custard apple and drizzle with passionfruit pulp. Sprinkle with coconut flakes and serve.

Good for you... CUSTARD APPLES

An excellent source of vitamin C, needed to keep gums and blood vessels healthy. Provides potassium, a mineral that is valuable in counteracting the harmful effects sodium (from salt) has on blood pressure. A good source of dietary fibre which keeps the intestine healthy.





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