

## 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 <sup>1</sup>/<sub>3</sub> cup sunflower seeds <sup>1</sup>/<sub>4</sub> cup linseeds 2 cups coconut water or apple juice 1 ripe custard apple 1 Granny Smith apple 1 tbs lime juice

To serve: 1<sup>1</sup>/<sub>3</sub> 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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