

Summer fruit & blueberry bircher muesli



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Preparation: about 20 minutes
(+ chilling time)

Serves: 4

The soaked oats can be stored in the fridge for up to 5 days so they're ready for breakfast.

- 2 cups rolled oats
- 1½ cups fresh Valencia orange juice (about 4 oranges)
- 1 cup reduced-fat natural yoghurt
- 2 passionfruit, pulp removed
- 125g blueberries or raspberries
- 2 ripe apricots, thinly sliced
- 1 ripe nectarine, thinly sliced

1. Combine rolled oats and orange juice in a medium airtight container. Stir to combine. Cover and refrigerate overnight.
2. To serve, swirl yoghurt and half the passionfruit pulp through soaked rolled oats. Spoon into serving bowls, top with raspberries, apricots and nectarine. Drizzle with remaining passionfruit pulp and serve.



Passionfruit

- The seeds in passionfruit give this fruit top marks as a 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 the B vitamins riboflavin (B2) and niacin (B3), both of which are vital for the biochemical reactions that release energy from the proteins, fats and carbohydrates in our food.

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