At least 24-hour soaking time

Serves 3-4

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Ingredients:

- 2 cups (500ml) oats
- 1 tsp (5ml) cinnamon
- $\frac{1}{2}$ tsp (3ml) vanilla essence
- 1 apple, grated
- 1½ cups (375ml) milk
- 1 cup (250ml) low-fat yoghurt
- 2 Tbsp (30ml) honey

For serving:

- Handful blueberries
- 1 tsp (5ml) chia seeds
- Chopped walnuts and apple slices
- 1 Tbsp (15ml) goji berries (optional)

Method

- 1. Mix all ingredients together in a large bowl and cover with clingfilm.
- 2. Leave in the fridge overnight.
- 3. Spoon muesli into serving bowls and serve topped with blueberries, chia seeds, walnuts, apple slices and goji berries, if using. Serve.