

At least 24-hour soaking time

Serves 3-4

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Ingredients:

- 2 cups (500ml) oats
- 1 tsp (5ml) cinnamon
- ½ 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.