

# BIRCHER MUESLI WITH NUTS AND APPLE JUICE

Taken from *Organic* by Sophie Grigson.

*This recipe sheet explains everything you need to make a tasty treat that you can use as part of your Roots & Shoots fund-raising activities!*

## Ingredients:

SERVES 3-4

- 3 tablespoons of rolled oats
- 80 ml of apple juice
- 2 apples, grated
- half a large tub of greek style yoghurt
- honey to taste
- a handful of nuts – whichever you like best, but can be omitted
- fresh fruit – raspberries, strawberries, sliced peaches or nectarines, etc.



## Directions:

Soak the oats in the juice for a couple of hours if possible. Grate the apples into the bowl with the oats, then stir in the yoghurt and honey, and the nuts if using them.

Spoon into serving bowls and top with the fruit.

*Having published a phenomenal 21 cookery books, Sophie Grigson is certainly synonymous with great food and has a natural ability to teach cookery in an informal and friendly way. Her latest book, The Vegetable Bible, was published by Collins in February 2009.*

