Apple Bircher Muesli

Ingredients

2 cups (180g) rolled oats
1 1/2 cups (375ml) apple juice
1 granny smith apple, peeled, cored, coarsely grated
3/4 cup (180g) Greek-style yoghurt
1 teaspoon vanilla extract
1 tablespoon toasted sesame seeds
1 teaspoon ground cinnamon
1/4 cup (60ml) honey

Method

1. Step 1

Combine the oats and apple juice in a medium glass or ceramic bowl. Cover with plastic wrap and place in the fridge overnight to soak.

2. Step 2

Add the apple, yoghurt and vanilla to the oat mixture and stir to combine.

3. Step 3

Combine the sesame seeds and cinnamon in a small bowl.

4. Step 4

Spoon the oat mixture evenly among serving bowls. Drizzle with honey and sprinkle seed mixture. Serve immediately.