

# BIRCHER MUESLI WITH APPLES & BANANA



5

Serves

\$0.61

Cost per serve

10 MIN

Total prep & cooking time



**WHY WE LOVE THIS RECIPE**  
Oats are a great way to start the day because they give you lots of energy.

**FOOD WASTE TIP**  
Substitute apples with any left over fruit.

## INGREDIENTS

- 1 cup quick cook oats
- ¾ cup apple juice
- 1 apple
- 1 teaspoon cinnamon
- ½ cup low-fat Greek yoghurt
- 1 banana

## EQUIPMENT

- Large mixing bowl
- Chopping boards
- Knives
- Measuring spoons
- Measuring cups
- Grater

## SKILLS

- Slicing
- Mixing
- Soaking
- Grating

## STEPS



1 Mix oats and apple juice together in a large bowl.



2 Grate the apple. Be careful and make sure your fingers are tucked in.



3 Add the grated apple to the oat mixture, stir in the cinnamon and yoghurt.



4 For the topping, slice the banana in thick pieces.



5 Finally, decorate the bircher muesli with sliced banana.



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING