

Apple and Passion Fruit Bircher Muesli

Ingredients:

- 2 cups of rolled oats
- 1 cup of low-fat milk
- 1 cup of apple juice
- 1 Tbsp honey
- 1/2 tsp of vanilla extract
- 1 green apple
- 2 passionfruit
- Strawberries for topping
- 1/2 cup of natural yogurt for topping

Place oats, milk and apple juice in a mixing bowl. Stir well to combine. Cover with plastic wrap and refrigerate overnight. Just before serving, grate the apple and stir through the oats. Add the passionfruit pulp and honey and stir again to combine. Serve bircher muesli in bowls and top with natural yogurt and strawberries.