

Fresh orange bircher muesli

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Preparation 20 mins + chilling time | Serves 4-6

Sweet fresh orange juice is a great source of vitamin C.
Use Navel oranges when Valencia oranges are out of season.

6 Valencia oranges
2 cups bircher museli or rolled oats

To serve:

1 Granny Smith apple
½ cup reduced fat thick natural yoghurt
3 passionfruit, halved
150g seedless green and purple grapes
1 medium banana, sliced
Honey, for drizzling

STEP 1 Juice the oranges to make 1½ cups freshly squeezed juice. Combine the orange juice and bircher muesli or rolled oats in an airtight container. Stir to combine. Cover and refrigerate over-night.

STEP 2 To serve, coarsely grate apple. Add apple, yoghurt and the pulp from 2 passionfruit to the muesli mixture. Stir to combine. Spoon into serving bowls. Top with grapes, banana and remaining passionfruit pulp. Drizzle with honey and serve.

Good for you... **ORANGES**

Deserve their reputation as excellent source of vitamin C - one orange has almost two day's supply of this important vitamin. A source of beta carotene and many of its relatives in the carotenoid family. Beta carotene can be converted to vitamin A and other carotenoids are important in keeping the immune system healthy.

