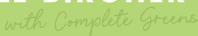
## **APPLE BIRCHER**









## **INGREDIENTS**



**30g** oat



**60g** mixed sultanas, dried sour cherries & goji berries



1 tbsp Complete Green:



1 grated apple



120ml apple juice



A splash of milk

## **METHOD**

- Put the oats and and mixed dried fruit, Green Magic, milled linseed and grated apple in a container with a lid.
- Pour the apple juice over and stir well. Put the lid on and leave in fridge overnight to soak.
- In the morning, add a splash of milk to bring it to the consistency of porridge and stir well.
- **4.** Serve with a dollop of yoghurt and your choice of toppings. Enjoy!

