

APPLE BIRCHER

with Complete Greens

Store
chilled

1
serving

⌚
5 mins &
overnight
soaking

INGREDIENTS



30g oats



60g mixed sultanas, dried sour cherries & goji berries



1 tbsp Complete Greens



1 grated apple



120ml apple juice



A splash of milk

METHOD

1. Put the oats and mixed dried fruit, Green Magic, milled linseed and grated apple in a container with a lid.
2. Pour the apple juice over and stir well. Put the lid on and leave in fridge overnight to soak.
3. 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!

High in antioxidants • Plant based • Supports the immune system • Promotes cellular renewal • Natural source of protein, fibre & iron

