

BIRCHER IN A JAR

INGREDIENTS

1/2 cup oats
100mls whole milk
(You could also use nut milk/ yoghurt/juice/
kefir)
fruit of your choice – grated apples, pears,
berries etc
toasted nuts or seeds



METHOD

- Place the oats and liquid of your choice in a jar before you go to bed.
- Leave to soak overnight.
- Add fruit and nuts/seeds in the morning, lid on and go.

If you forget to prepare the oats the night before you can put together a quick version in the morning by pouring 100mls of boiling water on the oats, let sit while you get dressed then add the rest of the ingredients. It will be ready to go by the time you get to work.