



NOT JUST FOR HALF-TIME THEY'RE FOR ANYTIME

Squeeze more out of life.

Bircher Muesli

Serves 1 *by Kim McCosker*



Ingredients

1 cup natural muesli

1 orange

4 tbs natural yoghurt

1 large green apple, grated

Method

Soak the muesli in the juice of the orange (approximately ½ cup) for 15 minutes.

Mix in remaining ingredients with ½ tsp orange zest and serve.



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