

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.



oranges.com.au

