

## **Vegetarian Bircher Muesli Bowl (Vegetarian) – Serves 1**

This breakfast is a good source of protein, fibre and healthy fats.

### **You will need:**

- 50g Fat-free Greek yogurt
- 100ml Soya milk (unsweetened)
- 40g Oats
- 15g Walnuts
- 15g Brazil nuts
- 1 tsp Seeds

Note: For a vegan alternative, choose Greek soya yogurt instead of Greek dairy yogurt.

### **How to make it:**

1. Measure out all ingredients and combine in a bowl.
2. Stir well and place in the fridge overnight until the porridge “sets”.
3. Sprinkle ½ of the seeds and nuts on top to add a crunch if you’d like.

### **What does this give you?**

- 1 portion of fruit and veg
- 1 portion of protein
- 1 portion of starchy foods
- 1 portion of dairy
- 1 portion of fats

Preparation time: 5 minutes (best to leave in the fridge overnight)

Approx. cost per serving: less than £1.32

The detail: per serving: 486kcal, 27g fat, 4.6g saturated fat, 39g carbohydrate, 11.9g sugar, 8.2g fibre, 15.7g protein, 0.2g salt

**ALLERGENS: Contains gluten, nuts, milk and soya.**