

## GRAB & GO RECIPES



### Soff Fruit Bircher

#### Ingredients (Makes 10 portions)

400g Porridge Oats (must be whole oats, preferably organic)  
500ml Apple Juice (unsweetened)  
750ml Greek yogurt  
250ml Low Fat Yoghurt  
2 Braeburn Apples grated - skin on  
200g defrosted soft fruit mix - use fresh if seasonal and your budget allows  
100g Mixed Sunflower/ Pumpkin and Flax seeds

#### Method

1. Soak the oats in the apple juice for at least 2 hours (although you can do this 24hrs in advance).
2. Mix the two yoghurts together.
3. Add the grated apple and the yoghurt and mix well.
4. In the bottom of a 7oz plastic tumbler place 20g of the soft fruits.
5. Divide the oat/ apple/ Yoghurt mixture into the ten pots and top each one with 10g of the mixed seeds.

#### Key Nutrients

| Portion   | 240g              | 100g              |     |
|-----------|-------------------|-------------------|-----|
| Calories  | <b>366 (kcal)</b> | <b>152 (kcal)</b> |     |
| Nutrients | Per Serving       | Per Serving       |     |
| Fat       | 16.5g             | 6.9g              | Med |
| Saturates | 6.0g              | 2.5g              | Med |
| Sugars    | 13.2g             | 5.4g              | Med |
| Salt      | 0.2g              | 0.1g              | Low |
| Protein   | 12.9g             | 5.4g              | -   |

**Allergen Info: Milk, Oats**