

## Nutritious & Delicious Grab & Go Recipes



### Super 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 Yogurt  
100g Pomegranate Seeds  
100g Blueberries (Frozen or Fresh)  
50g Goji Berries  
2 Braeburn Apples (grated - skin on)  
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 yogurts together.
3. Add the grated apple and the yoghurt and mix well.
4. In the bottom of a 7/9oz plastic tumbler place 10g of the blueberries
5. Divide the Oat/ Apple/ Yoghurt mixture into the ten pots and top each one with 10g of the mixed seeds, 10g of pomegranate seeds and 5g of Goji berries.

#### Key Nutrients

Portion	250g	100g	
Calories	<b>370 (kcal)</b>	<b>148 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	16.5g	6.6 g	Med
Saturates	6.0g	2.4g	Med
Sugars	13.7g	5.6g	Med
Salt	0.2g	0.1g	Low
Protein	12.9g	5.2g	-

**Allergen Info: Milk, Oats**