

Breakfast Pots

Servings: 6

Prep Time: 5min

Cook Time: 10min



Ingredients

For the fruit puree

- 1 cup blueberries
- ½ cup strawberries
- ¾ cup blackberries
- 1 tbsp. lemon juice
- 2 tbsp. water

For the Bircher Muesli

- 2 cups oats
- 1½ cups milk or almond milk

- ¼ cup apple juice
- ⅓ cup plain yoghurt
- 1 apple; cored and grated with peel
- 2 tbsp. honey
- Pinch of cinnamon
- Toppings: fresh seasonal berries, dried fruit, nuts and extra yoghurt (optional)

Directions

1. **For the fruit puree**
2. Place the fruit puree ingredients in a small saucepan. Gently heat until the fruit softens and starts to bubble slowly.
3. Turn down the heat and leave to gently simmer for 10 minutes.
4. Remove from heat and allow to cool completely.
5. Blend until smooth.
6. **For the Bircher muesli**
7. Combine all the muesli ingredients in a large bowl. Stir to combine, cover and refrigerate overnight.
8. To serve, layer yoghurt, fruit puree and Bircher muesli in small jars. Top with your favourite toppings and serve.