

Orange & Blueberry Bircher

Servings: 2

Prep Time: 5min

Cook Time: 0



Ingredients

- 70g porridge oats
- 2 tbsp golden linseeds
- zest of ½ an orange
- ¾ of a 175g tub yogurt
- 2 peeled and chopped oranges
- 4 handfuls blueberries from a 150g pack

Directions

1. Mix 70g oats and 2 tbsp golden linseeds with the zest of 1 /2 an orange. Pour over 300ml boiling water and leave overnight. The next day, stir in three-quarters of a 175g tub of yogurt, spoon into glasses or bowls, top with 2 peeled and chopped oranges, the remaining yogurt and 4 handfuls blueberries from a 150g pack.