

# Bircher muesli with apple and mixed berries

Serves: 2

Time : 15 minutes + overnight soaking

## Ingredients

- 1 cup of rolled oats
- 2/3 cup of apple or orange juice
- 3/4 cup of Greek-style yoghurt
- 1 apple, coarsely grated
- 3 tablespoons honey
- Pinch of cinnamon
- 2 handfuls of mixed berries of your choice
- 2 tablespoons of mixed nuts and seeds



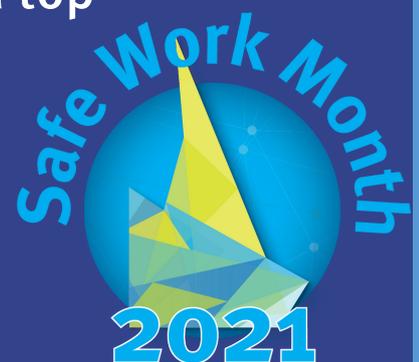
## Method

1. Combine the juice and oats in a bowl. Cover and soak in the fridge overnight (or at least for 30 minutes).
2. While the oats are soaking, grate the apple.
3. Stir the yoghurt, apple, honey and cinnamon into the oat mixture. Portion between bowls and top with fresh berries and nuts.

Pre preparation:

Ideally soak the oats, but not essential.

Recipe by Justine Schofield



# Breakfast burrito

Serves: 2

Time: 5 minutes prep and 5 minutes cooking time

## Ingredients

- 2 large flour tortillas
- 1 tsp. olive oil
- 4 slices of ham or smoked salmon
- 1/2 a punnet of cherry tomatoes, halved
- 2 tbs. cream
- 2 spring onions, finely chopped
- 1 handful of baby spinach
- 4 eggs
- Juice of 1/2 a lime
- Guacamole, to serve
- Tabasco to serve
- Salt and pepper



## Method

1. Over a medium heat, warm tortilla on both side for a minute and then keep warm in a clean tea towel.
2. Crack the eggs and whisk with the cream until well combined. Season with a small pinch of salt and mix through the spring onions.
3. Drizzle a little olive oil in to a large non-stick pan over a medium heat. Pour in the eggs and swirl around the pan.
4. Once it just starts to set bring in the sides with a plastic spatula and swirl again to set the uncooked eggs.
5. Portion ham or salmon if using, egg, guacamole, spinach, coriander, tomatoes, a squeeze of lime juice and a splash of Tabasco between the tortillas. Wrap to form a burrito.

Pre preparation:

Make a quick guacamole

**Recipe by Justine Schofield**

