

# Coconut Bircher Muesli, Apple, Pecans and Black Sesame

RAW

SERVES: 2

## INGREDIENTS:

### Bircher:

- 1 cup UNCLE TOBYS Traditional Oats
- 1 tsp cinnamon (optional)
- 1 tbspc chia seeds (optional)
- 1 cup coconut water
- 50g (6) dried apricots, diced
- 1 apple, julienned (for the overnight process)
- 1 tsp lemon juice

### Topping:

- ½ apple, julienned
- 100g Greek yoghurt
- 30g pecans
- 1 tsp black sesame (optional)
- 2 tsp honey

## METHOD:

In a med-large bowl, combine the rolled oats, cinnamon, chia seeds, coconut water, apricots, apple and lemon juice.

Stir for 30 seconds, cover with glad wrap and place into the fridge overnight to soak.

Before serving breakfast, in a dry pan on a med-high heat, toast the pecans for 2-3 minutes adding the black sesame seeds to the pan for the final 30 seconds.

Remove from the pan and allow to cool briefly.

To serve, evenly split the bircher muesli between two bowls, top with yoghurt, fresh apple, pecans, a drizzle of honey and finally the black sesame seeds.

Nutrition Information	Quantity per 390g serving	Quantity per 100g
Energy	2030kJ	521kJ
Protein	11.9g	3.0g
Fat, Total	17.5g	4.5g
Saturated	2.7g	0.7g
Carbohydrate	64.6g	16.6g
Sugars	41.8g	10.7g
Dietary Fibre	10.5g	2.7g
Sodium	67mg	17mg

