

Bircher Muesli

The perfect post training Breakfast, packed full of protein, vitamins, minerals and complex carbohydrates to boost recovery!

Ingredients	Quantity
Oats,rolled,raw	.5 cup
Chopped Dates	1 tsp
Apple,red skin,raw,grated	1 apple
Yoghurt,low fat/ vanilla flavoured	.5 cup
Berries,fresh/frozen	.25 cup
LSA (linseed,sunflower seed & almond mixture)	1 tb
Cinnamon Spice	1 sprinkle
Fresh Mint, chopped	1 tsp

Method

1. Mix all the ingredients up to yoghurt together in a Tupperware/Bowl/
2. Scatter the Berries, LSA, Cinnamon spice and mint on top.
3. Refrigerate overnight.
4. Earn your breakfast with a training session of your choice.
5. After your session, come home to or have ready in your car/sports bag the perfect, wholesome recovery fuel.



Tips:

- ✓ I get all the above ingredients from the angry almond at Subi markets.
- ✓ Brown rice instead of oats and a banana instead of an apple, also a great Gluten Free Option.
- ✓ This serves one, after a good run/ride workout!

Vital Stats

Protein	21g
Carbohydrates	73g
Fat	10g
Fibre	10g
Total Kilojoules	2100kJ