



BREAKFAST BIRCHER MUESLI WITH CHIA SEEDS & CINNAMON

Jay
Halford

GLUTEN FREE > DAIRY FREE > VEGAN >

INGREDIENTS:

The Muesli: (makes 2 servings)

- 80g of gluten free muesli
- 1 large Golden Delicious apple
- 1 whole chopped banana
- 15g of chia seeds
- 150ml homemade almond milk or KOKO coconut milk
- 10ml of coconut nectar syrup
- pinch of pink himalayan salt
- 1 teaspoon of ground cinnamon

METHOD:

Soak your chia seeds in all of your home made almond milk (check out my home made almond milk recipe if you don't already make your own), or use your coconut milk if you are not making your own.

Add in your muesli to the chia seeds and milk.

Leave this to soak for around 5 minutes for the chia seeds to absorb a bit of the liquid.

Finely chop your apple and banana and add it into your bowl with the rest of your mix.

Finish it off with your salt, coconut nectar and cinnamon, tasting as you go to get it just how you like. I like mine with loads of cinnamon!