



EUROPE

BIRCHER

Ingredients (for 4 persons)

- 100g oat flakes
- 1 apple
- 1 banana
- 6 strawberries
- 2 pots de yogourt nature (360 g total)
- 3 dl milk
- some lemon juice
- 1 tablespoon of honey
- 2 tablespoons of mixed seeds (pumpkin, sunflower, almonds, pine nuts pecan)

Preparation:

Soak the oat flakes in the milk one day before using.

Grate the apples, cut the banana in slices and the strawberries in dices. Add to and mix with the oat flakes and the yoghurt.

Add some lemon juice, the honey and mix all ingredients. If the preparation is not liquid enough, add some milk.

Let stand for about 1h in the fridge.

Sprinkle with seeds before serving.