

# Pecan and Orange Bircher Muesli

## Ingredients

Serves 1

- 40g porridge oats
- 1 tablespoon chia seeds/flax seeds
- 20g blueberries
- 20g chopped pecans
- 1 tablespoon dried cranberries
- Zest and juice of 1 clementine/orange
- 2 tbsp plain Greek yoghurt
- ½ pint of Soya/Almond milk
- Good dash of ground cinnamon



## METHOD

1. In a Kilner jar add the oats, seeds, cranberries, nuts and blueberries (you can use the berry of your choice)
2. Grate the orange and squeeze a little juice in the mixture
3. Add enough milk to make a runny liquid and spoon in the yoghurt to thicken
4. Finally add the cinnamon and stir thoroughly
5. Leave over night
6. In the morning the mixture will have thickened so add extra milk to make your desired consistency.