

**Catherines Bircher Muesli**  
**Tastes Like Home with Cathrine Fulvio**

*Serves 5 as main portion or 10 as snack*

*Ingredients*

150g rolled or quick oats  
500ml milk  
50g dried cranberries  
50g sultanas  
100g chopped nuts  
1 lemon, juice only  
3 apples  
500g low fat, full fat, or creamy Greek yoghurt (as desired)  
3-5 tbsp. of honey to taste

Toppings: choose from seasonal fresh fruit your favourite dried fruit, nuts, toasted seeds, coconut, fruit compote etc.

*Method*

Soak the oats for at least 4 hours (or overnight) in the milk.  
Grate the apples and mix with the juice of the lemon, the sultanas and dried cranberries and the honey. Roughly chop the nuts and add half, followed by the Greek yogurt. Mix well together.  
Serve in a tall glass and top with your favourite fresh seasonal fruit, fruit compote and remaining nuts.