

Cherry Bircher Muesli

So easy, delicious and healthy, you can serve this cherry bircher muesli up for breakfast or as a snack during the day.

🕒 Time: 30 mins

👤 Serves 4-6

Ingredients

- 1 cup fresh Australian cherries, pitted and sliced
- 1 cup low-fat natural yoghurt
- 1/4 cup of slivered almonds
- 1 tsp of sunflower seeds
- 1/2 cup rolled oats
- 1/4 tsp cinnamon
- 1/3 cup sultanas
- 1 cup reduced-fat milk or soy milk



Directions

1. Mix oats, sunflower seeds, sultanas and slivered almonds in a bowl.
2. Cover the mixture in milk and soak overnight.
3. The next morning, add yoghurt and cherries.
4. Sprinkle cinnamon to taste.



Thanks **Cherry Growers Association** for this amazing Cherry Bircher Muesli recipe.

For more cherry inspired recipes visit australiancherries.com.au

Get the best from your Australian Cherries

Australian Cherries are available from November to February. Cherries are perfect for a summer picnic, lunchbox treat or festive family feast. They are also a smart summer snacking choice.

Selecting Tips

Choose cherries with green stems attached. The colour of the cherries will vary according to variety, however they should all appear plump with shiny skin. Avoid cherries that are soft and bruised, or small and hard.

Storage

Once picked, cherries cease to ripen, so should be consumed within four days of purchase. They last longer with the stem attached. Store cherries, loosely packed, in an airtight container or plastic bag in the fridge. Cherries can also be pitted and frozen, for up to six months.

Preparation

Rinse cherries immediately before consuming. Fresh cherries can be served intact with stones or once pitted, however, the stones should be removed before use in cooking. To remove the

stones, either use a cherry pitter or a small sharp knife, to cut a slit in one side of the cherry then remove the stone. Most cherries are very juicy, so consider pitting them inside a plastic bag to avoid stains.

Health Benefits

Fresh cherries are a good source of vitamin C and a useful source of potassium and dietary fibre.

