

# Overnight Oats – a healthy version of Bircher Muesli

*Preparation time: 15 minutes*

*For ½ litre of overnight oats*

- 125 ml of my homemade yoghurt (or any nice thick yoghurt)
- 125 g uncooked rolled oats (or any mixture of oats, wheat, rye, barley and rice flakes)
- 250 ml almond milk – toasted or untoasted – as you fancy. You can use rice milk too
- 1 tablespoon dry linseed
- 1 tablespoon dry chia seeds
- 5 dried figs/5 dates/5 dried prunes – choose just two types, otherwise it gets a bit busy
- 10 almonds or the equivalent in walnut pieces
- 1 tablespoon of honey (optional, but nice to add if you want extra sweetness)

In a bowl, blend in the oats (or flakes) that you are using with the yoghurt. Once you've a nice thick paste, add the seeds.

Then gently blend in the almond milk. Use more if you want a runnier muesli. You can always add some more milk in the morning if you find it too thick.

Mix in your chopped dried fruit & nuts.

Blend in your honey, if you are using it.

Cover, and put in the fridge until breakfast!

You can really add whatever you fancy on the nut, seed & fruit front. Cranberries would be nice too as they give colour.

Bon Appétit!

Richard

La Belle Demeure, Dordogne