**Bircher Muesli**

**Serves 1**

**Ingredients**

50g gluten free porridge oats

Fresh filtered water

1 tbsp. of chopped nuts or mixed seeds

1 tbsp. of fresh berries

**Instructions**

Empty 50g of gluten-free porridge oats into a bowl, cover with fresh filtered water, plate a side plate over the top and place in the fridge overnight.

In the morning the oats will have absorbed the water and become soft and creamy.

Rinse the oats in a colander until the water runs clear.

Add 1 tbsp. of chopped nuts or mixed seeds and a 1 tbsp. of fresh berries to make a delicious Bircher-style muesli

To make a delicious porridge, prepare the gluten free oats as above and heat in a saucepan on the stove to provide a warming breakfast served with chopped nuts/seeds (e.g. pinenuts) and mixed berries