



Bircher Smoothie Bowl

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Prep 5 mins/1-2 hours soaking



Makes 1.5L / Serves 4

BIRCHER

110g rolled oats

220ml soy or almond milk

80g natural yoghurt

60g dried apricots, sliced

SMOOTHIE

450ml chilled almond or soy milk

1 pink lady apple, quartered

6 ice cubes

40g flaked almonds or shaved coconut


1 lemon finely grated, rind only

60ml maple syrup

TO SERVE

Apple slices, raisins, chopped pistachio and toasted coconut flakes, to serve

Method

1. **BIRCHER.** Combine oats, milk, yoghurt and apricots in a bowl; cover and refrigerate for 1-2 hours.
2. Place bircher and remaining smoothie ingredients into blender jug and secure lid.
3.  **SMOOTHIE** 30-35 seconds or until smooth. Use tamper occasionally to press ingredients into blades if required.
3. Divide smoothie evenly between 4 bowls.
Serve: top with apple slices, raisins, chopped pistachio and toasted coconut flakes.



Prep 10 minutes



Serves 1-2

BIRCHER

40g rolled oats

110ml soy or almond milk

40g natural yoghurt

35g dried apricots, sliced

SMOOTHIE

200ml chilled soy or almond milk

1 pink lady apple, quartered

4 ice cubes

20g flaked almonds or shaved coconut


½ lemon finely grated, rind only

2 tablespoons maple syrup

TO SERVE

Apple slices, raisins, chopped pistachio and toasted coconut flakes

Method

1. **BIRCHER.** Combine oats, milk, yoghurt and apricots in a bowl; cover and refrigerate for 1-2 hours.
2. Place bircher and remaining smoothie ingredients into personal blender cup and secure blade assembly.
3.  **SMOOTHIE** until program finishes. Blend longer if required.
3. Pour smoothie into bowl.
Serve: top with apple slices, raisins, chopped pistachio and toasted coconut flakes.