



Bircher Smoothie Bowl

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Prep 10 minutes



Makes 50oz (1.5L)/ Serves 4

BIRCHER

1 cup (100g) rolled oats

1 cup (240ml) soy milk

¼ cup (80g) yogurt

¼ cup (40g) dried apricots

SMOOTHIE

1½ cups (360ml) chilled almond or soy milk

2 pink lady apples, quartered

4 ice cubes

½ cup (40g) sliced almonds or shaved coconut


1 teaspoon lemon zest, from 1 lemon

¼ cup (60ml) maple syrup

TO SERVE

Apple slices, raisins, chopped pistachios and toasted coconut flakes

Method

1. Make bircher: Combine oats, milk, yogurt and apricots in a bowl. Cover and refrigerate until oats are soft, 1-2 hours.
 2. Place bircher and remaining smoothie ingredients into blender jug and secure lid
-  **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 5 minutes



Serves 2

BIRCHER

½ cup (50g) rolled oats

½ cup (120ml) soy milk

2 tablespoons (40g) yogurt

4-6 dried apricots (20g)

SMOOTHIE

¾ cups (180ml) chilled almond or soy milk

1 pink lady apple, quartered

2 ice cubes

¼ cup (20g) sliced almonds or shaved coconut


½ teaspoon lemon zest, from 1 lemon

2 tablespoons maple syrup

TO SERVE

Apple slices, raisins, chopped pistachios and toasted coconut flakes

Method

1. Make bircher: Combine oats, milk, yogurt and apricots in a bowl. Cover and refrigerate until oats are soft, 1-2 hours.
 2. Place bircher and remaining smoothie ingredients into personal blender cup and secure blade assembly.
-  **SMOOTHIE** until program finishes. Blend longer if required.
3. Divide smoothie evenly between 2 bowls.
- Serve: apple slices, raisins, chopped pistachios and toasted coconut flakes.