

Recipe Bircher Muesli

RECIPE

PREP: 5 MINS

COOKING: 360 MINS

PORTION(S): 2

Ingredients

- 8 Tablespoons of Rolled Oats Bircher Muesli
- 1/2 Apple
- 1 Banana
- 5g Orange Zest (Can be prepared by grating orange skin)
- 6 Scoops ENERCAL PLUS Milk Powder
- 210ml Water
- 50g Blueberries
- 1 Pinch of Salt
- 20 Pieces of Almonds

Nutrition count

- Protein : 10.6g
- Carbohydrates : 49.6g
- Fats : 12.3g
- Energy : 353kcal

Step by step

Prepare ENERCAL PLUS in 210ml of water.

Cut apple into thin slices.

Slice banana.

Mix in ENERCAL PLUS milk into muesli, add in the fruits and let it infuse overnight.