

Recipe Bircher Muesli

Prep time



5 mins

Cooking time



360 mins

Serves



2

Nutrition Information per serving

Protein 10.6g

Carbohydrates 49.6g

Fats 12.3g

Energy 353kcal

We need

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

Step by step

1. Prepare [ENERCAL PLUS®](#) in 210ml of water.
2. Cut apple into thin slices.
3. Slice banana.
4. Mix in [ENERCAL PLUS®](#) milk into muesli, add in the fruits and let it infuse overnight.