

A close-up photograph of a bowl of Pear & Ginger Bircher Muesli. The bowl is filled with cooked oatmeal, topped with a poached pear, sliced strawberries, and various seeds including pumpkin and sunflower seeds. The background is a dark, textured surface with some ginger and cinnamon sticks scattered around. A white text box is overlaid on the left side of the image.

**PEAR & GINGER BIRCHER
MUESLI**

PEAR & GINGER MUESLI BIRCHER



Serves: 3
Prep: 10 mins
Chill: overnight



Nutrition per
serving:
277 kcal
10g Fats
38g Carbs
7g Protein



WHAT YOU NEED

- 1 large pear, grated
- 1 cup (100g) gluten free oats
- ½ cup (125g) soy yogurt
- ½ cup (115ml) coconut milk
- 1 tsp. vanilla paste
- 1 tsp. ground ginger
- 1 tbsp. mixed seeds

WHAT YOU NEED TO DO

In a medium sized bowl, mix together the grated pear, oats, yogurt, milk, vanilla and ginger. Transfer the mixture into two jars or cups and refrigerate overnight. Sprinkle with seeds before serving. Store in the fridge for up to 5 days.