

Swiss Bircher Muesli (the Original Overnight Oats)

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-bircher-recipe>

Ingredients:

- 1/2 cup rolled oats
- 45 grams quick oats
- 1/2 cup apple juice
- 120 milliliters liquid
- 1/2 apple suggest eg pink lady, braeburn
- 2 tablespoons raisins
- 2 tablespoons yoghurt or dairy free as appropriate
- 1 dash canela

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 24 grams
3. Fat: 1.5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 5 milligrams
7. Sugar: 8 grams

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