

Raspberry and Chai seed bircher



Method

1. In stainless steel bowl add the Porridge Oats and Chai Seeds. Add 400ml Boiling Water and mix well.
2. Add the peeled Bananas and Frozen Raspberries. Mash together, cover with cling film and refrigerate overnight.
3. In clean glass spoon Raspberry Bircher in layers with Greek style or Alpro Dairy Free Yoghurt.
4. Top with Fresh Raspberries and Fresh Blackberries and finish with a sprinkle of crushed Granola.

Make it vegan - swap to a
plant based yoghurt

Code	Qty	Units	Description
114970	3kg - 140g		Scott's Porage Original Porridge Oats
132721	50g		Chia Seeds
10354	480g		Bananas
4116	240g		Brakes Raspberries
131293	40g		Raspberries
131295	25g		Blackberries
115401	15g		Kelloggs Granola Bag
11394	320g		Brakes Greek Style Yoghurt

Make it vegan by swapping to a plant-based yoghurt

118561	500g - 320g		Alpro Plain Yoghurt Alternative
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Here's to good

health