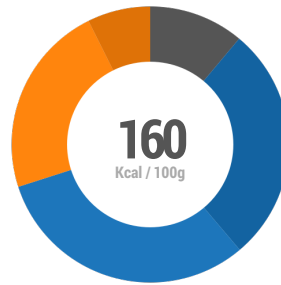


Bircher Muesli

Overnight oats blended with organic yoghurt, grated apple, honey, chopped nuts, raisins & cranberries

Overview ...



CALORIES:

59% Carbs

11.1% Protein

30% Fat

Food Labelling...

Serves **4**

CONTAINS:



OATS



ALMONDS,
WALNUTS



PEANUTS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
CASHEWS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

| | Quantity: | Description: |
|--|-------------|--------------|
| 115794 - 115794 Brakes Organic Natural Yogurt.. - BRAKES | 120g | 0.06x Each |
| 100326 - 100326 Brakes Medium Oatmeal.. - BRAKES | 90g | 0.03x Each |
| 450530 Granny Smith Apples (19 Oct 2023).. | 160g | 1x Each |
| 136410 Sysco Premium Premium Pressed Apple Juice (22 Jul 2023).. | 100g | 0.96x Each |
| 350157 Brakes Squeezy Clear Blossom Honey.. | 5g | 0.01x Each |
| 5750 Brakes Chopped Mixed Nuts (24 May 2023).. | 30g | 0.03x Each |
| 268 - 268 Brakes Seedless Raisins.. - BRAKES | 20g | 0.01x Each |
| 89849 - 89849 Brakes Dried Cranberries.. - BRAKES | 5g | 0.01x Each |

Products / Pack Sizes ...

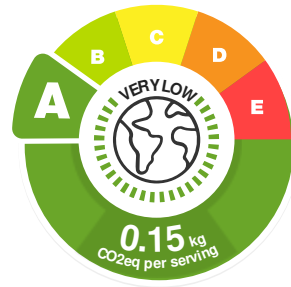
1 Serving



Product code
Barcode
 133g / 219kcal
 # 1

Sustainability & Foodprint...

| Component | Grade | Contribution |
|---|-------|---------------|
| Food Production | | 0.60kg |
| 120g 115794 Brakes Organic Natural Yogurt | B | 0.24kg |
| 90.0g 100326 Brakes Medium Oatmeal | A | 0.08kg |
| 160g 450530 Granny Smith Apples (19 Oct 2023) | A | 0.12kg |
| 100g 136410 Sysco Premium Premium Pressed Apple Juice (22 J.. | B | 0.11kg |
| 5.00g 350157 Brakes Squeezy Clear Blossom Honey | B | 0.01kg |
| 30.0g 5750 Brakes Chopped Mixed Nuts (24 May 2023) | A | 0.01kg |
| 20.0g 268 Brakes Seedless Raisins | A | 0.02kg |
| 5.00g 89849 Brakes Dried Cranberries | B | 0.01kg |
| Water Usage | | 1377l |
| 120g 115794 Brakes Organic Natural Yogurt | 4 | 199l |
| 90.0g 100326 Brakes Medium Oatmeal | 5 | 228l |
| 160g 450530 Granny Smith Apples (19 Oct 2023) | 6 | 614l |
| 100g 136410 Sysco Premium Premium Pressed Apple Juice (22 J.. | X | - |
| 5.00g 350157 Brakes Squeezy Clear Blossom Honey | 2 | 4.46l |
| 30.0g 5750 Brakes Chopped Mixed Nuts (24 May 2023) | 9 | 272l |
| 20.0g 268 Brakes Seedless Raisins | 5 | 48.7l |
| 5.00g 89849 Brakes Dried Cranberries | 5 | 11.4l |



84% Data Quality Score

Your Transport & Packaging:

1 Serving 133g (serves 1)

Cooking Instructions & Notes

Method:

1. Grate the apple
2. Combine the apple with the yogurt, juice, oats, honey, chopped nuts and raisins
3. Leave for a couple of hours or overnight if possible
4. Serve as shown topped with dried cranberries, a drizzle of honey & an extra spoonful of yogurt