

Pink Berry Bircher

Serves: 8

Prep: 10 mins



Dietary: VEG, EF, NF

Allergens: Wheat, Dairy

Age group: 8 months+

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Pink Berry Bircher

Ingredients

- 2 cups (220g) rolled oats
- 2 cups (500ml) milk of choice
- 1 cup (260g) natural or Greek yoghurt
- 1 cup (180g) grated apple (about 2 small apples)
- 1 cup (160g) mixed berries, mashed (fresh or defrosted frozen berries)
- 2 tbsp (28g) chia seeds
- 1 tsp (5ml) vanilla extract
- ½ tsp (1g) cinnamon (optional)

Optional Toppings:

- Mixed berries
- Yoghurt
- Mixed seeds
- Coconut flakes
- Drizzle of honey or maple syrup for extra sweetness

Method

1. Mash the berries with a fork in a bowl until juicy and vibrant pink.
2. In a mixing bowl, combine oats, milk, yoghurt, grated apple, mashed berries, chia seeds, vanilla, and cinnamon (if using). Stir until everything is well mixed.
3. Cover and refrigerate overnight (or for at least 4 hours) to let the oats soak and soften.
4. In the morning, give it a good stir. Add a splash of milk if it's too thick.
5. Spoon into bowls or jars and top with fresh fruit, a drizzle of yoghurt, and seeds or coconut flakes if desired.

Storing leftovers: Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

Tips

- ✓ **Prep Tips:** Prep the day before. Fill into individual jars or containers for an easy grab and go Breakfast or snack option.
- ✓ **Allergies:** For a dairy-free version: Swap milk and yoghurt with a calcium fortified dairy-free alternative such as soy, oat or coconut milk and yoghurt. For a gluten-free version: Swap oats with quinoa flakes.
- ✓ **Easy Ingredient Swaps:** Swap berries to seasonal fruit of choice. Swap apple for grated carrot.
- ✓ **Steps for Children:** Children can help measure out and combine the ingredients. Encourage children to top their own bircher serves with toppers of their choosing.