

Original Birchermüesli Recipe

Ingredients for 4 persons

2 tablespoons rolled oat flakes
0,4 dl cold water
½ tablespoon sweetened condensed milk
½ tablespoon honey
2 tablespoons ground hazelnuts
3 apples with skin and core grated
½ lemon

Preparation

- Soak oat flakes in cold water for about 12 hours
- Add a little water to the honey which makes it easier to mix
- Wash and dry apples and grate them with core and skin
- Squeeze the lemon
- Mix all ingredients

Tip

Grate the apples at the very end and stir them into the mixture gradually to prevent them from discolouring.

