

## OVERNIGHT BIRCHER MUESLI WITH PERSIMMONS

A nourishing, hearty breakfast can do wonders for your day. If you're someone who doesn't have time to prepare a breakfast in the morning, this could help set you on the right track for the day, simply by making it the night before. You could also put it in a jar and have it at the office.

The oats I use are Bob's Red Mill Oats which are tested for gluten. But they still contain a protein called avenin which can also be an allergen for coeliacs. Use regular oats if gluten is not a problem for you.

### BIRCHER MUESLI BASE

- 1 cup oats
- 2 tablespoons sunflower seeds
- 2 tablespoons black or white chia seeds
- 3 tablespoons dried coconut
- 1 tablespoon runny honey
- 1 tablespoon lemon juice
- 1 cup coconut milk



Place all ingredients into a bowl and mix together well. Cover and refrigerate overnight.

The bircher base will keep in the fridge for a few days.

### MACERATED PERSIMMONS

- 3 persimmons, peeled
- 4 cm piece of ginger
- 1 tablespoon runny honey
- few pinches of ground cardamom (optional)

Cut persimmons into bite sized chunks.

Grate ginger on the small size of the grater, then gather into your hands and squeeze over the fruit.

Drizzle honey over the fruit and leave overnight to infuse flavours.

TO SERVE

coconut yoghurt (optional)

a few roughly chopped macadamia nuts (optional)

zest of a lime (optional)

2 teaspoons honey

Divide the bircher muesli into bowls. Carefully spoon persimmons on top and, if using, add a dollop of coconut yoghurt and the macadamia nuts.

Grate a bit of lime zest over the top and finish with a teaspoon of runny honey.

Serves 2.