

School Breakfast Clubs Program Recipes



Treat your students with a fun recipe that you can easily make using School Breakfast Clubs Program ingredients. Enjoy!



Bircher Muesli

Serves: 4 to 6

Difficulty: Easy

Health Rating: Green

Ingredients

2 cups of oats

The natural juice reserved from the canned fruit salad (1-2 cans) or fruit cups

1/2 cup of sultanas

Canned fruit salad, extra sultanas, or grated apple to serve

Method

1. Evenly sprinkle 2 cups of oats into a secure container
2. Drain the canned fruit salad, serving the fruit at Breakfast Club and reserving the natural fruit juice in a jug
3. Pour the reserved natural fruit juice gently over the rolled oats until the oats are covered. Use as many tins/cups of the fruit salad as needed to provide the right amount of fruit juice needed to cover the oats
4. Add sultanas to the oat mix, and stir gently
5. Put the lid on the container and store in the fridge overnight