



Birchermuesli with Fresh Berries*

prep time:
30 minutes

makes 6 servings

grocery list

quick-cooking rolled oats
ShopRite raisins
whole milk
apples
fresh lemon
ShopRite granulated sugar
ShopRite walnuts
fresh strawberries

*ShopRite's Culinary Workshop™ Instructor Chef Roland Pasche recipe.

birchermuesli with fresh berries

- 2½ cups quick-cooking rolled oats
- ½ cup raisins
- 1½ cups whole milk
- 3½ cups grated apples (about 4 apples)
- 2 tbsp. freshly squeezed lemon juice
- ⅓ cup ShopRite granulated sugar
- ¼ cup coarsely chopped ShopRite walnuts
- 2½ cups sliced strawberries
- Whipped cream (optional)
- Fresh mint (optional)

1. Stir together oats and raisins in large bowl; stir in milk. Allow to stand and soak 20 to 30 minutes.
2. Meanwhile, grate apples into medium bowl. Stir in lemon juice in. Set aside.
3. When oats are finished soaking, stir in sugar and nuts. Fold in apple mixture.
4. Top with strawberries just before serving. Garnish with whipped cream and fresh mint, if desired.

Per Serving: 337 calories, 62g carbohydrate, 9g protein, 8g fat, 1g saturated fat, 8g fiber, 6mg cholesterol, 28mg sodium

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kitchen tools

- dry measuring cups
- liquid measuring cup
- paring knife
- cutting board
- chef's knife
- grater
- reamer
- large bowl
- spoon
- medium bowl

recipe note

You may substitute honey for the granulated sugar in this recipe.

a good idea

Keep the skin on the apples as you grate them. This will yield both extra nutritional value and color.

