**Bircher Museli. (Nut and banana free)**

This is a great recipe for those allergic to nuts and / or bananas.

Please check all the ingredients are produced in factories that don’t also work with nuts.

**Ingredients (makes around 4-7 portions)**
8 large handfuls of organic rolled oats
2 large handfuls of ground bran
1 handful of chopped dried apricots
1 handful of chopped dried dates
1 handful of dried cranberries
1/2 crunchy apple per portion, washed and unpeeled

Put oats and bran into a large Tupperware with the apricots, dates and cranberries. This mixture will keep for up to two months in an airtight container.

The night before you want to eat your muesli, put two portions of the oat mixture into a bowl and cover with the milk, grate in half an apple per person and stir immediately to keep apple from discolouring.

When you’re ready to eat it if you want you can then add honey to taste. Serve with a dollop of yogurt and some fresh mixed berries.