



# RICEPLUS

Rice just got better...

## BIRCHER MUESLI



### INGREDIENTS

- |   |   |
|---|---|
| 1 ½ Cups RICEPLUS Ancient Grains                          | 3 tblsp toasted shredded coconut            |
| 3 ½ cups apple juice                                      | 1 cup plain Greek yoghurt                   |
| ½ tsp nutmeg  | 1 cup fresh blueberries and raspberries     |
| ½ cup roasted nuts & seeds                                |   |
| ¼ cup mixed dried berries<br>(Goji, Acai and Cranberries) | TO SERVE:<br>Pepita Seeds and ground Nutmeg |

### METHOD (STOVE TOP)

1. If you have time soak the RICEPLUS and apple juice overnight in a non-metallic container.
2. Bring the combined RICEPLUS and apple juice to the boil over a medium heat stirring occasionally. Simmer RICEPLUS 12 minutes. Remove from heat and cover.
3. Add the dried fruits to the pot and stir, cover and allow to stand in the pot 15 minutes.
4. Place the RICEPLUS into a glass bowl and stir through the roasted nuts and seeds and toasted coconut. Mix well.
5. Serve RICEPLUS topped with yoghurt, fresh berries, pepita seeds and nutmeg.

For more information visit: [www.riceplus.com.au](http://www.riceplus.com.au)

 [facebook.com/riceplusaustralia](https://facebook.com/riceplusaustralia)  
 [instagram.com/rice\\_plus](https://instagram.com/rice_plus)

**COOKING TIME: 35 MINS**  
**SERVING SIZE: 4-6**