

BARTO'S BIRCHER
(serves 1)**CALORIES: 373****PROTEIN: 35G****CARB: 49G****FAT: 6G****INGREDIENTS:**

- 40G INSTANT OATS
- 4G CHIA SEEDS
- 15G PROTEIN POWDER
- 50G APPLE (*THINLY SLICED OR GRATED*)
- 100ML BOILING WATER
- 50ML UNSWEETENED ALMOND MILK
- 1 TSP CINNAMON
- 160G YOPRO (*FLAVOUR OF YOUR CHOICE*)
- 80G ZUCCHINI (*GRATED*) - OPTIONAL

METHOD:

1. Combine instant oats, chia seeds, protein powder, sliced apple, cinnamon & grated zucchini (optional) in a bowl.
2. Add boiling water, unsweetened almond milk & 50-80g of yopro into bowl & give it a good stir until well combined.
3. Leave the mixture in the fridge in an airtight container.
4. Top with remaining yoghurt and enjoy.

TIPS:

- *Use boiling water to get you the best absorption and texture.*
- *Whey protein & vegan protein will need slightly different liquid amounts. Alter to your desired consistency.*
- *Add zucchini to bulk it up.*