

Apple Bircher muesli Sundae:

Essentially, muesli must have not only oats, but also dried fruit or fresh fruit. The action fruit has with oats is very beneficial. It boosts metabolism, and high-fibre fruits like apples with oats not only help prevent heart disease, but also postmenopausal Breast Cancer and all kinds of other conditions.

So it was no accident that Dr Maximilian Oskar Bircher-Benner of Switzerland, (who designed the first muesli for his patients at his nutritional sanatorium in Zurich), appreciated the benefits of oats, apples and nuts.

This is a special Sundae that will not only be a superb start to the day but also very, very tasty and a little exotic!

For two Sundae glasses:

100g Hugo's Bircher muesli or any fruit muesli
150ml full fat or skimmed milk

An eating apple, as sweet as you can get; red skinned apples are good for colour and Cox's Orange Pippins for taste

2 tablespoons apple juice

2 teaspoons lemon juice

2 teaspoons caster sugar

75g chopped pecan nuts or walnuts.

– keep a couple for decoration.

A kiwifruit.

2 tablespoons thick plain yoghurt – full-fat or fat free

A tablespoon of fresh blueberries or blackberries – whatever is seasonal

Tablespoon runny-honey (optional).

Start the night before if possible.

Put the muesli into a bowl and cover in milk. You can use any milk, be it cows, goats, soya or a nut milk or even apple juice. I prefer full-fat milk! Leave in the fridge over-night or for at least an hour. Core and chop the apple into

small cubes and put into a small bowl and add the apple and lemon juice and the caster sugar. Mix the apple into the juices and leave to 'steep' in the juices for a few minutes.

Meanwhile, chop the pecans (leave a couple for decoration). Cut the kiwifruit into neat small cubes to decorate.

Assemble the Sundae:

Place a quarter of the diced apple at the bottom of each sundae glass. Don't spoon in the juice as it will make the sundae very soggy. Then spread over a tablespoon of the soaked muesli and cover with a layer of yoghurt. Sprinkle over the yoghurt half the chopped pecans in each sundae glass and then the rest of the apple. Then a final tablespoon layer of soaked muesli and then mound the chopped kiwifruit over the top with a scattering of blueberries or blackberries. Put a pecan nut on top for decoration. Drizzle some runny honey over the top for a slight sweetness.

Refrigerate for a bit before serving – if you can bare to wait. This will keep for quite a long time in the fridge, even overnight; the colour may dull, however.

