

# Bircher Muesli

## Ingredients:

- 1 cup gluten-free oats (I like Bob's Red Mill)
- 1 over ripe banana
- 5 cups almond milk, rice milk or flax seed milk
- 2 Tablespoon raw honey or maple syrup
- 1 Tablespoon chia seeds
- 1 Tablespoon sunflower seeds
- 1 Tablespoon pumpkin seeds
- Options for toppings: Blueberries, raspberries, cacao nibs, goji berries

## Directions:

1. Mash up the banana in a mixing bowl with the almond milk and then add in the oats, seeds, chia seeds and sweetener and stir together.
2. Place the bowl in the fridge and allow it to thicken overnight.
3. Top with fresh fruit, cacao nibs, goji berries and enjoy.