

# Bircher muesli mix (90 people) - adapted from Felicity Cloake recipe

3kg rolled oats  
1l apple juice  
1l orange juice  
1kg frozen fruit

Check consistency and add more juice if necessary, it gets squidgier overnight. All these mixed up and soaked **overnight** in a big bucket in the van, then **in the morning**:

12 kg box of apples (approx 74).

Coarsely grated using food processor. Use Fabric Room so as not to wake people in main hall then stir grated apples into big bucket. Split 90:10, add:

1kg Greek yoghurt - to big portion,  
100g vegan yoghurt - to small portion.

Add more yoghurt as required to get correct consistency.

## **Gluten Free Bircher Museli**

Also make 6 portions using gluten free oats:

240g oat flakes  
300ml apple juice  
300ml orange juice  
Couple of spoonfuls of frozen fruit

In the morning add a few spoonfuls of grated apple, and a few spoonfuls of Greek yoghurt.