



## DIY OATY FRUITY CEREAL

SERVES 12 | 10 MINUTES

Eating a tasty, nutritious breakfast is a great way to help kick-start your day the best way you can. Make a big batch of healthy cereal, then store it in an airtight container for up to four weeks. I've given you two great ways to serve it here, but feel free to come up with your own ideas.

### JAMIE OLIVER'S FOOD REVOLUTION

Jamie is urging all of us to cook for our lives. This recipe is one of Jamie's 10 Food Revolution recipes that together can teach us all the skills we need to feed ourselves and our families good, nutritious food for years to come. For all 10 recipes go to [jamiesfoodrevolution.org](http://jamiesfoodrevolution.org) and celebrate the power of fresh, healthy, real food.

### INGREDIENTS

for the cereal:

100g dried fruit, such as sultanas, raisins, dried apricots

50g mixed unsalted nuts, such as almonds, hazelnuts, walnuts

50g mixed seeds, such as pumpkin, sunflower, sesame, poppy

400g porridge oats

optional: 1 teaspoon ground cinnamon

milk or natural yoghurt, to serve

for bircher muesli (serves 4):

1 eating apple

roughly 400ml milk

### EQUIPMENT

Weighing scales

Chopping board

Knife

Large mixing bowl

Optional: measuring spoons

Wooden spoon

Airtight container

Optional: box grater

Optional: clingfilm

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## To make the cereal:

- 1** Roughly chop any larger dried fruit and nuts, then place into a large bowl along with the seeds, oats and cinnamon (if using).  
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- 2** Tip into an airtight container.  
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## To serve the cereal:

- 1** Place a handful of cereal (roughly 50g) per person to your serving bowls.  
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- 2** Add milk or natural yoghurt and chopped fresh fruit, if you like, then serve.  
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## To make bircher muesli (serves 4):

- 1** Add 200g of cereal to a large bowl.  
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- 2** Place a box grater on a board, then coarsely grate the apple, discarding the core. Add it to your oatly cereal.  
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- 3** Pour over enough milk to cover, then mix well.  
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- 4** Cover the bowl with clingfilm, then pop in the fridge to soak overnight.  
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- 5** When you're ready to eat, give the bircher a good stir, divide between your bowls, then serve with chopped fresh fruit, if you like.

# NOTES

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## STEP-BY-STEP

