

## Cactus Pear Fruit Bircher Muesli



**Makes 500ml or 4 portions**

**Prep time: 20 min**

*Recipe developed by Taylon Colbert*

*Checked and edited by Dr Alba du Toit*

### **INGREDIENTS:**

- 5 red cactus pears
- 125 ml oats
- 1 tablespoon dried cranberries
- 1 ml ground cinnamon
- 15 ml peanut butter (optional)
- 125 ml plain yoghurt
- 30 ml milk
- 5 ml chia seeds
- Chopped pecan nuts, walnuts or almonds (optional)
- 5 ml honey
- Pinch of salt

### **METHOD:**

- Wash three cactus pear fruit under cold water to remove most of the thorns.
- Blanch the cactus pear fruit in boiling water for 60 seconds, remove and place in cold water to stop the cooking process.
- Peel the outer skin from the cactus pear fruits.
- Place the peeled fruits into a food processor or a blender and liquidise into a smooth pulp or juice.
- Combine all the ingredients.
- Stir until well mixed and refrigerate overnight.
- Peel and slice the remaining two cactus pear fruit for decoration and serve with yoghurt, cranberries, chopped nuts and chia seeds.