

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.

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