



LOW GLUTEN MACADAMIA BIRCHER MUESLI

We get a lot of customers asking about our organic low gluten rolled oats (also known as uncontaminated oats). These oats are what they call gluten free oats in the United States, however due to the very small amount of gluten still present, exactly 3ppm, they do not qualify by Australian Standards as being gluten free, hence the term 'low gluten' oats.

There are a number of people who have gluten intolerance or sensitivity that are finding this oat is more manageable for them, however, we do not recommend this for people with coeliac disease or more serious sensitivities. Best to consult first with your doctor or Naturopath....so, to the recipe. Here we have a low gluten, dairy free, bircher muesli featuring our uncontaminated oats, macadamia nuts & coconut yoghurt and sweetened with dried cranberries and honey. Enjoy!

Ingredients:

2 1/2 cups organic uncontaminated (low gluten) oats

3/4 cup rice bran flakes

1 cup of chopped macadamia nuts

1/2 cup of dried cranberries

125 ml almond milk

5 tablespoons COYO coconut yoghurt

2 tablespoons runny honey

Fresh raspberries & honey to serve

Method:

Put all of your ingredients together in a bowl and mix to combine well making sure all the dried ingredients are wet. You may like to add a little extra almond milk depending on how wet you like it.

Leave in the refrigerator overnight to soak.

Serve with fresh berries (raspberries) and a sprinkle of honey.

Inspiration:

Instead of using dried cranberries, you could replace with dried currants or organic sun muscat raisins.

Try adding a little cinnamon powder, and for our vegan followers, you could replace honey with maple syrup or rice malt.

Low Gluten | Dairy Free | Refined Sugar Free

If you like this recipe you may also enjoy our **Gluten Free Maple Granola (Vegan)**