

## GUT-LOVING RECIPE

### Kombucha Maple Bircher

Serves: 1

Preparation Time: 5 mins and 12 hours (overnight)

#### Ingredients:

- 4 tbsp Kellogg's Sultana Bran®
- 3 tbsp plain oats
- 1 tbsp chia seeds
- ½ apple, grated
- ½ cup kombucha
- ½ cup cow's, almond, oat or soy milk
- 1-2 tsp maple syrup
- 2 tbsp fresh raspberries

#### Method:

1. Combine all ingredients, except the berries, in a mason jar
2. Stir and then seal tightly
3. Refrigerate overnight
4. The following morning, remove the jar from the refrigerator and give it a quick stir
5. Open jar and enjoy with berries on top

**Variation:** Chopped nuts are a great addition to add crunch and additional healthy fats.