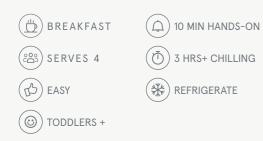
Pecan and Peaches



# STEP 1

100 g oats \* 100 g barley flakes \* 3 tbsp chia seeds (optional) 750 ml unsweetened nut milk \*\*

### STEP 2

2 large peaches, peeled, pitted and roughly chopped 4 figs, cut in half, inner flesh scrapped out 1 tbsp honey (optional)

STEP 3

50 g pecans 2 tbsp maple syrup 1tbsp water 1/2 tsp ground cinnamon

\*Feel free to mix up the grains and replace with any of the following whole grain flakes; Gluten free - buckwheat, guinoa, millet, amaranth. Gluten grains - rye, wheat, wheat germ.

\*\*Almond, chestnut, hazelnut will all do nicely.

Here's a simple overnight bircher muesli pepped up with peaches and candied pecans.

I love peaches. They have a fab, sweet flavour... go great in a compote.. but best of all, they remind me of late summer and sunnier times.

Candied ('sweet coated') pecans are easy to make, and they are a quick way to add some sweetness and crunch to cereals or salads.

### THE NIGHT BEFORE

In a large bowl, mix the oats, barley and chia seeds. Pour over the nut milk and combine. Leave it 10 minutes and give it another good stir. This will stop the chia seeds clumping together. Leave to soak for at least 3 hours (best overnight) in the fridge.

## MAKE THE COMPOTE

Place all ingredients from step 2 into a blender and whizz to a rough or smooth purée. Store in the fridge until ready to serve.

### CANDIED PECANS

Combine the maple syrup, water and cinnamon in a frying pan. Cook over medium heat for 1 minute, until it's bubbling. Add the pecans, stirring to coat and cook for an additional 3 minutes. Remove from the heat and spread the pecans out on parchment paper to cool.

# ASSEMBLE THE MASTERPIECE

Divide the purée between 4 serving glasses. Top with oats and then sprinkle with the candied pecans.

It will keep for 3 days in the fridge.



There's a bit of confusion as to whether nut milk is healthy. It is. Stick with unsweetened varieties for a great dairy-free alternative to regular milk.

# GOOD TO KNOW If peaches are out of season use why not try these alternative compote bases: Plum & figs / Blueberry & apple / Blackberry & raspberry Rhubarb & mango / Strawberry & pineapple.

