








Pecan and Peaches

usfew

-  BREAKFAST
-  10 MIN HANDS-ON
-  SERVES 4
-  3 HRS+ CHILLING
-  EASY
-  REFRIGERATE
-  TODDLERS +

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.

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
1 tbsp 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, quinoa, millet, amaranth.
Gluten grains - rye, wheat, wheat germ.

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

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.

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.



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.

