



proto
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Green Magic™
Apple bircher

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Storage: Chilled



Time: 5 minutes and
overnight soaking



Serves: 1

Ingredients...

- 30g oats
- 60g mixed sultanas, dried sour cherries, dried goji berries
- 1 tbsp Green Magic™
- 2 tbsp milled linseed
- 1 apple, grated
- 120ml apple juice
- A splash of milk of your choice

How to enjoy...

- 1) Put the oats and mixed dried fruit, Green Magic™, milled linseed and grated apple in a container with a lid. Pour the apple juice over and stir well. Put the lid on and leave in the fridge overnight to soak.
- 2) In the morning, when you're ready to eat, add a splash of milk to bring it to the consistency of porridge and stir well.
- 3) Serve with a dollop of yogurt and your choice of toppings.

Power through the day with Green Magic™

- ✓ High in antioxidants
- ✓ Plant based
- ✓ Supports the immune system
- ✓ Promotes cellular renewal
- ✓ Natural source of protein, fibre and iron





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www.proto-col.com

Did you know?

Green Magic™ is made up of a nutritious blend of some of the world's most effective superfoods that deliver high protein levels and essential amino acids to balance pH levels in the body. A multipurpose product that can be enjoyed by all ages and even pets to maintain optimum health. Use to supercharge almost any cold beverage, sprinkle over cereal or even swirl into yoghurt or soup. To put a stop to feeling sluggish and run down, Green Magic™ is perfect as an intense dose of energy and vitality.

We are rated **9.5** out of **10**



 **Trustpilot**