

# Carman's

CREATING WITH CARMAN'S:  
**THE BEST OF BIRCHER**

A COLLECTION OF NATURALLY  
DELICIOUS BIRCHER MUESLI RECIPES

8  
recipes  
inside





## WELCOME TO THE BEST OF BIRCHER!

FOR OVER 25 YEARS, OUR FOCUS AT CARMAN'S HAS BEEN TO HELP  
*make everyday more delightful* WITH OUR TASTY  
RANGE OF BREAKFASTS AND SNACKS.

WE'RE BIRCHER OBSESSED AND WE'RE SURE WITH THE HELP OF THIS  
BOOK, YOU WILL BE TOO. BY BEGINNING YOUR DAY WITH BIRCHER,  
*you can supercharge your morning to ensure it  
starts in a delicious and nutritious way.*

WE HOPE YOU LOVE THESE BREAKFAST IDEAS  
AS MUCH AS WE LOVED DEVELOPING THEM!



“AS A BUSY MUM OF FOUR, BIRCHER IS AN  
EASY WAY TO FEED MY FAMILY! BY PREPARING  
THE MUESLI THE NIGHT BEFORE, YOU CAN SAVE  
PRECIOUS TIME IN THE MORNING.

THIS BOOK BEGINS WITH MY PERSONAL  
FAVOURITE RECIPE, A BEAUTIFUL CLASSIC  
BIRCHER, WHICH YOU CAN USE TO FORM  
THE BASIS OF ANY FLAVOUR COMBINATION  
YOU LIKE. SIMPLE!”

*here's to more magnificent muesli.*


CAROLYN CRESWELL  
CREATOR OF CARMAN'S



# CLASSIC bircher



🌱 VEGAN (USE DAIRY FREE YOGHURT & EXCLUDE HONEY)

⌚ PREP: 10 MINS  11

## ingredients

500G CARMAN'S NATURAL BIRCHER MUESLI

1KG NATURAL YOGHURT

1 GRANNY SMITH APPLE, GRATED

to serve  
HONEY

## method

- 1 Combine all ingredients together in a large bowl and refrigerate overnight.
- 2 The finished bircher can be stored in a sealed container and will last as long as the best before date on the yoghurt.

## tips & tricks

- ✓ GREEN APPLES ARE MORE ACIDIC THAN RED. FOR A SWEETER BIRCHER BASE, SUBSTITUTE THE GRANNY SMITH APPLE IN THIS RECIPE FOR A RED OPTION, LIKE FUJI.
- ✓ THIS BIRCHER CAN BE EASILY MADE MORE NUTRITIOUS WITH THE ADDITION OF NUTS. PICTURED HERE ARE SLIVERED ALMONDS AND PISTACHIOS, BUT YOU COULD ALSO TRY WALNUTS, PECANS OR TOASTED HAZELNUTS. YUM!



# SUMMER FRUIT bircher

🌱 VEGAN (USE DAIRY FREE YOGHURT). NUT FREE RECIPE ⌚ PREP: 10 MINS 🍲 4

## ingredients

250G CARMAN'S UNTOASTED  
APRICOT, PEACH & COCONUT MUESLI  
500G NATURAL YOGHURT  
1 1/2 TO 2 CUPS MILK OR ALMOND MILK  
1 GRANNY SMITH APPLE

## to serve

MANGO, PEACHES, PASSIONFRUIT  
AND LIME ZEST

## method

- 1 In a bowl, combine muesli, yoghurt, milk and apple. Cover and refrigerate overnight.
- 2 To serve, spoon bircher muesli into a bowl and add more milk if desired.
- 3 Top with mango, peaches, passionfruit, lime zest and a bit of lime juice for a tropical summer flavour.

## tips & tricks

- ✓ USING DIFFERENT FRUIT TOPPINGS ENSURES A VARIETY OF NUTRIENTS. USE THIS BIRCHER AS A BASE AND THEN ADD YOUR FAVOURITES.



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# BLUE & BLACKBERRY bircher

🌱 VEGAN (USE DAIRY FREE YOGHURT). NUT FREE RECIPE ⌚ PREP: 10 MINS 🍲 4

## ingredients

- 250G CARMAN'S NATURAL BERRY BIRCHER MUESLI
- 500G NATURAL YOGHURT
- 1 1/2 TO 2 CUPS MILK OR ALMOND MILK
- 1 GRANNY SMITH APPLE
- 1/2 CUP FRESH OR FROZEN BLUEBERRIES
- 1/2 CUP FRESH OR FROZEN BLACKBERRIES

## to serve

COCONUT FLAKES, BLUEBERRIES  
& BLACKBERRIES

## method

- 1 In a bowl, combine muesli, yoghurt, milk, apple and berries. Cover and refrigerate overnight.
- 2 To serve, spoon bircher muesli into a bowl and add more milk if desired.
- 3 Top with coconut and more berries.

## tips & tricks

- ✓ FOR A BERRY BEAUTIFUL TASTE, PURÉE ADDITIONAL FROZEN BERRIES AHEAD OF TIME AND SWIRL THROUGH THE BIRCHER MIXTURE UPON SERVING.
- ✓ FOR MORE CRUNCH THAN THE COCONUT FLAKES ALONE, SEEDS SUCH AS FLAXSEEDS, LINSEEDS OR AN LSA BLEND DELIVER TEXTURE, TASTE AND OMEGA-3S.



# gluten free bircher

## WITH STEWED RHUBARB & BANANA

① GLUTEN FREE. VEGAN (USE DAIRY FREE YOGHURT) ⌚ PREP: 10 MINS COOKING: 30 MINS 🍲 11

### ingredients

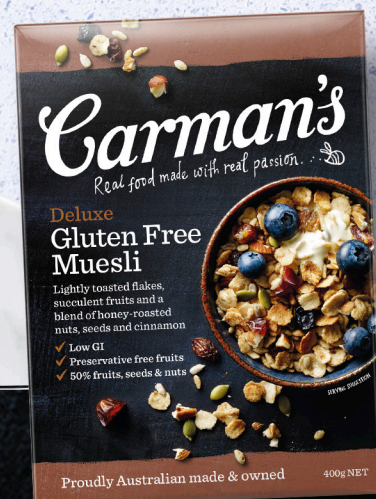
500G CARMAN'S DELUXE GLUTEN FREE MUESLI  
1KG NATURAL YOGHURT  
1 BUNCH RHUBARB, SLICED INTO ROUGH CHUNKS  
1 1/2 TBSP CASTER SUGAR  
1 LEMON, RIND FINELY GRATED  
1 VANILLA BEAN, SPLIT AND SEEDS SCRAPED (OPTIONAL)  
1 BANANA, SLICED

### to serve

FRESHLY SQUEEZED ORANGE JUICE

### method

- 1 Combine the muesli and natural yoghurt together in a large bowl and refrigerate overnight.
- 2 Pre-heat the oven to 180° C (fan forced).
- 3 Place rhubarb, lemon rind and vanilla bean and seeds into an ovenproof dish that is big enough to hold two layers of rhubarb. Sprinkle the caster sugar over the rhubarb. Cover with foil.
- 4 Place in the oven and cook for 30 minutes or until the rhubarb is soft to the touch yet still has kept its shape.
- 5 To serve, loosen the bircher with the freshly squeezed orange juice to taste.
- 6 Scoop into bowls and top with the stewed rhubarb and sliced banana.



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# 'CARROT CAKE' bircher

✓ PREP: 10 MINS  4-6

## ingredients

250G CARMAN'S NATURAL BIRCHER MUESLI

2 CUPS (500ML) FULL CREAM MILK

1/4 CUP LIGHT PHILADELPHIA  
CREAM CHEESE SPREADABLE

1 MEDIUM CARROT, GRATED

1/4 CUP SULTANAS, PLUS EXTRA TO SERVE

1/4 CUP WALNUTS, ROUGHLY CHOPPED,  
PLUS EXTRA TO SERVE

1/4 TSP EACH GROUND CINNAMON,  
NUTMEG AND CLOVES

1 GRANNY SMITH APPLE, PEELED  
AND DICED, PLUS EXTRA TO SERVE

1 TBSP MAPLE SYRUP,  
TO SWEETEN (OPTIONAL)

## tips & tricks

- ✓ THE CREAM CHEESE IN THIS RECIPE WILL MAKE THE BIRCHER EXTRA DENSE, SO IF YOU'RE WANTING TO INCLUDE ADDITIONAL FRUIT TOPPINGS, KEEP THEM LIGHT!

## method

- 1 Combine all ingredients in a large bowl, mixing well.
- 2 Cover and refrigerate overnight to soak.
- 3 Serve with extra sliced apple, chopped walnuts and sultanas.



# LEMON PIE *bircher*

🕒 PREP: 10 MINS 🥣 4-6

## *ingredients*

250G CARMAN'S SUPER BERRY MUESLI  
2 CUPS (500ML) UNSWEETENED ALMOND MILK  
1 CUP (250ML) GREEK YOGHURT  
2 TBSP STORE-BOUGHT LEMON CURD  
JUICE OF 1 LIME  
1 GRANNY SMITH APPLE, PEELED AND DICED  
1 ORANGE, PEELED AND SEGMENTED

## *to serve*

FRESH RASPBERRIES, EXTRA LEMON CURD

## *method*

- 1 Combine all ingredients in a large bowl, mixing well. Cover and refrigerate overnight to soak.
- 2 Serve with a small spoonful of extra lemon curd and raspberries.

## *tips & tricks*

- ✓ LIKE USING LEMON CURD, SIMPLE ADDITIONS CAN MAKE ANY BIRCHER MORE GOURMET! POACHED FRUITS, SPICES SUCH AS CINNAMON AND NUTMEG OR POMEGRANATE MOLASSES ARE ALL GREAT, FLAVOUR-FILLED OPTIONS.





# CHAI INFUSED bircher

🕒 PREP: 20 MINS COOKING TIME: 10 MINS  11



## ingredients

500G CARMAN'S NATURAL BIRCHER MUESLI  
1KG NATURAL YOGHURT  
9 CARDAMOM PODS, BRUISED  
1 CINNAMON STICK  
5 WHOLE CLOVES  
1 TSP BLACK PEPPERCORNS  
1 CUP WATER  
2 CUPS MILK  
1 TSP HONEY  
1 GRANNY SMITH APPLE, GRATED

## to serve

HONEY, 50G BROWN SUGAR  
1/2 TSP VANILLA ESSENCE, 1 CUP PECANS  
50G BUTTER

## method

- 1 Place cardamom pods, cinnamon stick, cloves, black peppercorns and water in a saucepan and bring to the boil.
- 2 Reduce heat to low and simmer slowly for 5-8 minutes or until flavours develop.
- 3 Stir milk and honey through and set aside to cool.
- 4 Combine remaining ingredients together in a large bowl.
- 5 Pour in the chai infused milk and stir to combine. Cover and refrigerate overnight.
- 6 To make the caramelised bananas and pecans, heat the brown sugar, vanilla essence and hot water in a pan until it forms a thick caramel.
- 7 Add the banana and pecans to the pan and shake to coat. Then add the butter to the banana and pecan mixture and heat for a further 2 mins.
- 8 Top the chai infused bircher with the caramelised bananas and pecans.



# KEFIR & COCONUT bircher WITH MANGO

🕒 10 MINS 🥣 4-6



## ingredients

250G CARMAN'S CLASSIC FRUIT AND NUT MUESLI  
2 CUPS (500ML) KEFIR YOGHURT  
(AVAILABLE FROM THE DIARY AISLE OF THE SUPERMARKET)  
2 CUPS DICED MANGO, PLUS EXTRA TO SERVE  
2/3 CUP (160ML) UNSWEETENED COCONUT MILK  
1 GRANNY SMITH APPLE, PEELED AND DICED  
1/4 CUP TOASTED COCONUT FLAKES, PLUS EXTRA TO SERVE  
1 TBSP MAPLE SYRUP, TO SWEETEN (OPTIONAL)

## method

- 1 Combine kefir and half the mango in a blender and blitz until smooth.
- 2 Combine mango and kefir mixture with all of the remaining ingredients in a large bowl, mixing well. Cover and refrigerate overnight to soak.
- 3 Serve with extra mango and coconut flakes.

## tips & tricks

- ✓ USING AN ALTERNATIVE PROBIOTIC TO YOGHURT, SUCH AS KEFIR, CAN HELP TO POPULATE YOUR GUT WITH GOOD BACTERIA.

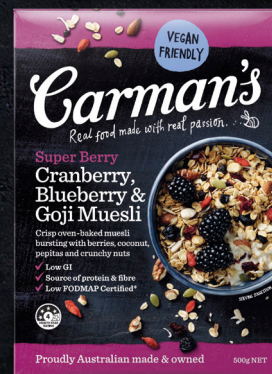
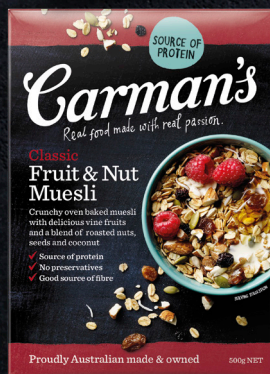
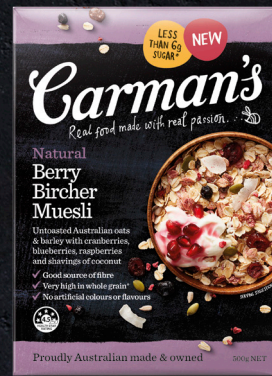


# THANK YOU

WE HOPE THIS BOOK HAS INSPIRED YOU TO MAKE THE MOST  
OUT OF YOUR MUESLI – AND YOUR MORNINGS!

FOR MORE DELICIOUS BREAKFAST RECIPES,  
OR TO LEARN ABOUT OUR MUESLI RANGE,

*please visit: [carmanskitchen.com.au](http://carmanskitchen.com.au)*



WE LOVE HEARING YOUR THOUGHTS AND IDEAS.  
YOU CAN CONTACT OUR LOVELY TEAM AT ANY TIME  
*hello@carmanskitchen.com.au*

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