



Luanne Hopkinson

<http://happywithouthistamine.com>



## Apple Flaxseed Bircher

1 serving  
10 minutes

### Ingredients

3/4 cup Rice Milk (or oat milk)  
1 tbsp Whole Flax Seeds (linseed)  
2 tbsps Ground Flax Seed  
1/4 cup Oats (whole or quick cook)  
1/16 tsp Sea Salt (a pinch or grind)  
1 Green Apple (grated)  
1 tsp Maple Syrup  
1/2 tsp Ground Ginger (optional)

### Directions

- 1 Add all of the ingredients into a bowl and mix thoroughly. Cover or transfer into a jar with a lid.
- 2 Set on the bench for half an hour then transfer to the fridge for 8 hours minimum or overnight (can go straight into the fridge if you are pressed for time).
- 3 Add more Rice or oat milk if required to serve.

### Notes

**Ground Flaxseeds:** Buy whole flaxseeds and grind as required. Pre-ground flaxseeds go rancid quicker.

**No Rice Milk:** Use an alternative milk of your choice.

**No Oats:** Replace with 3 tbsp per serve hemp or chia seeds.

**Like it Sweet:** Top with maple syrup, honey or your sweetener of choice.

**Leftovers:** Refrigerate in an airtight container up to 3 days.

**Gluten-free oats:** Look for oats that state they are wheat-free or uncontaminated with wheat, rye or barley.