

Gluten-free bircher-style tapioca pots

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If you loved Bircher muesli before you went gluten free, try these little pots for your Bircher fix.

The tapioca gives them a starchy, creamy texture and you can use an endless combination of flavourings. Think seasonal fruits, nuts, pepitas, chia seeds, citrus zest...the list goes on!

Ingredients (make 4 small serves)

- ½ cup tapioca pearls
- 200ml freshly squeezed orange juice
- 1 medium-sized apple
- ½ cup [Greek yoghurt](#)
- 6 large strawberries
- Seeds of ¼ [pomegranate](#)
- Extra strawberries and pomegranate seeds, to garnish

Method

In a large bowl, combine the tapioca pearls and orange juice. Cover and refrigerate overnight (or for at least four hours, until the pearls are soft and have absorbed most of the liquid).

The next day, peel, core and grate the apple. Add to the tapioca along with the yoghurt, hulled and

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quartered strawberries and pomegranate seeds. Stir to combine.

Serve in small pots or bowls (approximately $\frac{3}{4}$ cup capacity).

Garnish with extra strawberries and pomegranate seeds.

Recipe: Kate Crocker } glutenfreeforlunchboxes.wordpress.com

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