

Muesli

Tip:

It makes a very portable breakfast when you have to rush off to work or school. Try some before your sports practice. Just grab and go and remember to bring a spoon. Mine keeps for a few days in the fridge. Even freezing and thawing did not affect taste or consistency.

College students can easily make it in their dorm rooms.

Travelers just take a container of premixed dry ingredients with you. In the evening just add liquid and enjoy a HEALTHY breakfast in the morning.

Overnight hikers, this is way better than freeze dried.

The basic idea:

You may know the dried variety from the health food store. This recipe is about "fresh Muesli". It consists of grains (e.g. oats rolled or cracked) chopped nuts, seeds and chopped dried fruits or raisins, which are soaked overnight in juice or milk.

Soaking grains overnight improves their nutritional benefit. For more info on that see Sally Fallon "Nourishing Traditions"

For a boost of flavor and to cut down on cholesterol I soak mine in orange juice. Any juice or strong fruity tea will work as well.

Cinnamon or honey may be added.

Just before serving add some fresh fruit of your choice (e.g. banana slices or grated apple) Find your favorite combo or keep it interesting by trying out different variations.

Sample recipe (2 servings):

1 cup rolled oats (any variety)

2 Tbsp ground flax seed

¼ coarsely chopped nuts or almonds

2 Tbsp bran (rice, wheat or oat)

Add enough juice to make a creamy consistency. It will thicken slightly overnight.

Just before eating add fresh fruit if desired.