

Go Natural's - Bircher muesli

INGREDIENTS per person

1. 3 Tbsp Whole Oats
2. 1 Tbsp Lemon juice
3. 1 Tbsp Almonds
4. 1 X tsp Sesame Seeds
5. 1 X tsp Sun Flower Seeds
6. 1 X tsp Pumpkin Seeds
7. Fresh berries and fruits or 2-4 Dried fruit halves (Apricots, Peaches, Pears, Mango, etc), pre soaked separately.
8. 1 tsp raw honey
9. 1 Tbsp fresh cream
10. ± 3-4 Tbsp purified water

METHOD

1. Role the whole oats with a grain roller
2. Mix the seeds with the rolled oats
3. Add the water, lemon juice and honey and mix evenly
4. Let it soak overnight, approximately 8 hours
5. Add the pre prepared fruit
6. Add the cream

Variations:

Freshly made organic nut milk or Kefir yogurt could be added. Kefir is our favorite.

At times we also add Kefir at night to assist the soaking process of the oats.

Enjoy it &

