

Simple Bircher Muesli



The original recipe for raw muesli was developed by Swiss nutritionist Dr. Bircher-Benner in the 1900's for his patients, as part of his healing therapy. He believed that a diet rich in raw and natural ingredients dramatically improved his patient's health.

Having healed himself of jaundice using raw fresh apples, he used this experience and observations of the simple diet of Swiss Alpine shepherds to recommend a move away from meat and white bread. His ideas gained momentum after the discovery of vitamins in fresh fruit and vegetables in the 1930's.

The key to bircher muesli is always the overnight soaking of oats & nuts to remove indigestible enzyme inhibitors and improve nutrient absorption. Soaking then rinsing the walnuts removes the tannins, reducing their astringent taste and leaving a softer, more buttery nut. Walnuts provide more fibre and essential fatty acids with endless health benefits.

Organic yoghurts and kefir contain live healing probiotic cultures for improving digestion, the kefir cultures are even able to colonise and improve gut health. Kefir originates in the Caucasus Mountain region the kefir 'grains' were prized and parents would pass them on their children. The grains were eventually shared with Russia and later Europe where it became a popular health drink.

We have added fresh organic apples, lemon juice, dried dates and figs to the oats giving a fibre rich, naturally sweet, low GI Bircher Muesli which provides a slow release of energy, keeping you fuller for longer!

Credits: Ceri, Zenxin master chef

Key facts

- Preparation: Overnight soak + 5 mins
- Total: Overnight soak + 5 mins
- Serves: 2-4

Ingredient

- 1 cup Simply Natural organic rolled oats
- 1 cup filtered water
- ½ cup Simply Natural walnuts
- ½ cup filtered water
- Juice of ½ organic lemon
- 1 organic apple or half a jumbo organic apple
- 4 Simply Natural Siwa dates
- 4 Simply Natural Smyrna figs
- ½ cup organic grapes or
- ½ cup organic blueberries
- ½ cup organic kefir

N.B. For those with IBS that cannot not tolerate raw foods, cook the oats lightly for a few minutes and cool before adding in the other ingredients.

Method:

1. Cover the oats with water and soak overnight, in the morning, drain off any excess water.
2. Likewise soak the walnuts overnight, in the morning rise and drain carefully.
3. Break the walnuts into smaller pieces and add to the oats.
4. Squeeze the lemon juice into a bowl, quarter and core the apples.
5. Wash the apple, cut small slices into lemon juice coating them well prevent oxidation.
6. Cut the dates and figs into small pieces and wash the grapes and blueberries.
7. Add dried & fresh fruit, to the oats and walnuts already in the bowl and mix well.
8. Then mix in the kefir. Serve and enjoy!