

## **Bircher muesli (overnight oats)**

*This is a high-fiber version of the traditional breakfast dish is inspired by a preparation pioneered in 1900 by the Swiss doctor Maximilian Bircher-Brenner for the patients of his sanatorium, where a diet rich in fresh fruit and vegetables was an essential part of the treatment. In contrast to most store-bought cereals, this dish largely consists of kefir, yogurt, seeds, nuts and fruit, with grains playing tasty but minor supporting role. Its wealth of healthy fats (nuts & seeds), protein (kefir, yogurt), soluble fiber (oats, oat bran, chia seeds, nuts, fruits) and healthy bacteria makes this a very nourishing start to the day. This is particularly suitable for people who are seeking to improve their blood lipids, as oats, healthy fats, probiotics, cinnamon and apples have all been found to lower “bad” LDL cholesterol. Anyone suffering from constipation may also find this dish, with its high fiber content and wide range of probiotics, helpful. For added convenience, you can prepare a large batch and store it in the fridge for four to five days, simply topping it with fresh fruit and nuts when you are ready to eat. Makes one serving.*

3 tbsp whole, gluten-free oats  
2 tsp raw, shelled sunflower seeds  
2 tsp raw, shelled pumpkin seeds  
1 apple, grated on a box grater (use organic apples and leave the skin on)  
a pinch of cinnamon  
a pinch of freshly grated lemon zest (untreated) - optional  
½ cup kefir (plain)  
½ cup Greek yogurt (plain)  
1-2 tsp maple syrup (optional)  
1 tbsp chopped nuts (e.g. walnuts, hazelnuts, almonds or a mix of your favorite raw, unsalted, unroasted nuts)  
½ cup seasonal fruit (e.g. raspberries, strawberries, blueberries, apricots, peaches, pears, etc.)

Combine oats, seeds, apple, cinnamon, kefir and yogurt in a container, cover tightly and chill overnight. In the morning, add maple syrup (if desired) and stir well to combine.

Transfer to plate or bowl and scatter with fruit and chopped nuts. Serve immediately.