SWISS MUESLI

by The Food Next Door – SWELL

Ingredients

Makes 4 servings

1 cup oat flakes

1/2 cup spelt flakes

1/2 cup barley flakes

1/2 cup rye flakes

2 cups (approx.) milk for soaking

1/4 tsp cinnamon

1/4 tsp nutmeg

1/4 tsp allspice

1/4 cup raisins

2 apples, shredded

Optional:

1/4 cup yogurt

1 Tbsp honey or maple syrup

1/4 cup bananas or berries

Directions

In a medium bowl, mix a small handful of the flaked grains. Add water or milk and let the grains soak overnight in the refrigerator. In the morning, add the apples along with the spices and raisins. Yogurt and any fresh fruit (bananas, whole blueberries or raspberries) can be added as well along with a touch of honey or maple syrup for sweetness.

An alternative method is to add equal part flaked grains with water or milk in a microwave safe bowl with a lid. Microwave on high for 1-2 minutes until grains are soft. Add additional ingredients as outlined above.

We believe that health starts with good food,
but good food does not exist without real farms.
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health through a sustainable food system.
Mother Earth will thank you too, and you will feel the difference!

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