

Bircher Muesli variation

1 Preparing the oats: Soak them for about 12 hours in water (I tried milk as well and liked it even better), this step is best prepared in advance, basically a day before. As I used frozen raspberries, I also put those out of the freezer to let them defrost over night.

2 Be sweet: To sweeten the Muesli I produced a sugar substitute using a blender (or such) to combine an equal amount of dried fruit (I used a mixture of figs, raisins and dates) with water (e.g. one cup of mixed fruit with one cup of water). Any leftovers of this fruit puree can be kept in the fridge in an airtight container for several days.

3 Let's get nuts : Lacking hazelnuts, I substituted D's recommended nuts with coarsely ground walnuts and almonds. To enhance the flavor I suggest to first roast them for a few minutes 'till they turn slightly golden, then chop/ grind them.

4 Fruity: I mashed some ripe bananas and - following D's tip for a nice pink color - added raspberries (defrosted, since fresh ones are totally overpriced and rarely tasty at the moment).

5 Mix and taste: Use a large bowl to mix all of the above described ingredients together with the yogurt of your choice, again, feel free to adapt the amounts to taste, add some maple syrup or honey on top for a finishing touch. Decorate with a generous dollop of yogurt, some nuts and/ or fruits and enjoy!



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Recipe source: Dagmar, slightly adapted

Prep time: 15min. (plus 12 hours soaking)

Ingredients (amounts depend on your personal preferences, a rough guideline is provided in the above steps):

- * raw oats (the finer type)
- * water or milk to soak the oats
- *
- * dried figs
- * dried dates ("stoned" edit: they're happy dates, but also **pitted!**)
- * raisins
- * water (amount equals amount of dried fruit, in vol. parts)
- *
- * walnuts and almonds, roasted & ground
- *
- * bananas, mashed
- * raspberries or other seasonal fruits
- *
- * plain yogurt (Greek or other)
- * honey or maple syrup to taste