



★ *Make-ahead* ★ *Energy* ★ *Slow food*

ORIGINAL *Swiss Bircher muesli*

SERVES 2

THIS IS A TRUE MUESLI CLASSIC THAT TASTES REALLY GOOD, ESPECIALLY IN WINTER. A SWISS ENERGY BOMB, IT KEEPS YOU FEELING FULL FOR QUITE A LONG TIME AND POWERS YOU UP FOR AN ACTIVE DAY IN WINTER.

INGREDIENTS

1 HEAPING CUP (ABOUT 100 G) QUICK OATS
2 TBSP RAISINS
1 ¼ CUPS (300 ML) DAIRY MILK, ALMOND MILK, OR OAT MILK
2 APPLES
1 TBSP HONEY
2 TBSP CHOPPED HAZELNUTS

PREPERATION

The night before, place the oats, raisins, and milk in a bowl. Stir, cover, and let the oats soak overnight in the refrigerator.

The next day, before serving, wash, core, and finely grate the apples (peeled or unpeeled). Stir them into the muesli along with the honey and hazelnuts.

To jazz up the muesli, add some plain yogurt, walnuts, and a sprinkle of cinnamon.

