



## Bircher Muesli

Serves 4

A traditional European breakfast, muesli provides healthy oat fibre and essential fatty acids such as Omega 3s which aid in reducing inflammation and support a healthy cardiovascular system. A high energy start to your day.

### Ingredients

Oats fine	70 g
Hazelnut, shredded rough	60 g
Almond milk	70 ml
Apple red	50 g
Lemon juice	20 ml
Fresh fruit, sliced (seasonal mix)	250 g
Goat's milk yogurt	100 g
Raisins	10 g
Honey	3 tsp

### Method

1. Shred the apples (with skin) into fine sticks.
2. Mix the oats, hazelnuts, almond milk, apple, lemon juice, goat's milk yogurt and raisins together in a bowl. Refrigerate the mix for about 45 minutes.
3. Remove from the refrigerator, stir in the fresh fruits and then serve.

## *Recipes for Healthy Living*

*"Let food be thy medicine and medicine be thy food." Hippocrates*

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here: [www.kamalaya.com/recipes.htm](http://www.kamalaya.com/recipes.htm)

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