

William Tell Muesli

Serves 4

¼ cup raw almonds, soaked 12-24 hours

1 cup steaming water

1 cup oat groats (wheat, amaranth, quinoa, etc.)

1 teaspoon vanilla

1 teaspoon combined sweet spices (any combination of cinnamon, cardamom, nutmeg, etc. – cloves: only a tiny bit of this strong spice)

1 mashed banana

2 apples, minced (peaches, berries, cherries, or other fruits work well.)

Soak almonds in distilled water for 12 hours (It's even better soaked for 24-36 hours)

Soak oats in distilled water for 12-24 hours (It's even better soaked for 48 hours). I do this as part of my morning game plan for the following day.

In the morning drain and rinse the oats and almonds. You can soak enough for 3 days, since they can stay fresh in the fridge for that amount of time. Don't be alarmed if the oats bubble slightly, since this is a good source of probiotics.

Put almonds minus 2 Tablespoons in a blender with ½ cup water. Blend on high speed until smooth. Add banana, vanilla and spices. Blend until combined and smooth. If you desire a bit more

sweetness and fiber, you can also add 1-2 prunes per person. Add reserved almonds. Pulse until coarsely chopped. Add almond mixture to drained oats and apples mixing until combined. Some people like to puree the oat mixture. Add more hot water if the mixture is too thick. Other good additions to muesli are dried and fresh fruits of all varieties.



Recipe by Kathryn Louis