

Fresh Muesli

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

You can either buy or make your own Muesli. We usually make a Swiss Muesli that consists of:

- whole grain oats (not the quick cooking ones, but you can use them if you like)
- wheat flakes
- triticale flakes
- barley flakes
- Thompson raisins (the plump dark ones)
- chopped dates

You can use 1/2 oats and then add the other flakes in equal portions to make up the other half of the mix. You can also add as many raisins and dates as you like. This dry mixture will keep for months in an airtight container.

Instead of fresh muesli, you can also add a non-dairy milk and just cook it like porridge (1 cup muesli mix to 1 1/2 cups liquid).

Step 1: Preparing Your Mise en Place

- 2 Granny Smith apples
- 1 cup apple or orange juice
- 1 cup Muesli mix* or oats
- 1/2 cup thick non-dairy yogurt

Peel the apples and grate them into a large bowl. Pour the apple juice over top to prevent them from turning brown. Note: You can use either apple or orange juice. Orange juice is used in many recipes, but we prefer apple juice, as it is not as tart.

Measure the muesli mix (see notes below) and non-dairy yogurt.

Step 2: Mixing the Muesli

- 1/8 tsp ground cinnamon (optional) Add the Muesli and non-dairy yogurt to the bowl and stir everything together. The mixture should be quite wet. As it sits in the refrigerator overnight, it will soak up all of the liquid. If the mixture looks too dry, add a touch more juice.

Cover and transfer to the refrigerator overnight. The mixture will keep for several days in the refrigerator.

Note: Feel free to add other ingredients to this mix either before soaking (for a softer texture) or after soaking (for a crunchier texture).

Dried fruit, chopped nuts and/or seeds can be incorporated.

Instead of using a non-dairy yogurt, this vanilla bean Cashew Cream can be used.

Grated or chopped fresh fruit, such as bananas, fresh berries, grapes, etc. can also be added just before serving.