

# Muesli



## Nature's Super Food



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Muesli has been a staple of many European countries for generations and has existed in cultures all across the planet in various forms. The most common Muesli is a combination of whole grains, nuts, seeds, spices, and fresh fruits. Oats are usually the main ingredient, although this often varies with the availability of different whole grains.

### Health benefits

Muesli is packed full of essential nutrients that your body needs to keep you energized and healthy. Whole grains, nuts, seeds, and fruits provide the following:

- fibre
- vitamins and minerals
- healthy fats
- protein
- complex carbohydrates
- antioxidants



### Heart disease

The FDA (American Food and Drug Administration) has concluded that the soluble fibre beta-glucan found in whole oats is responsible for the association between the consumption of whole oats and an observed lowering of blood cholesterol levels. This means that oats have a significant effect in the prevention of heart disease.

### Cancer prevention

Promising research is currently being conducted into the possible immune boosting and cancer fighting abilities of beta-glucans(oat bran).

## Cooking Instructions

### Putting your Muesli together

Most of the ingredients in muesli are easy to find at your local grocer or bulk store. For improved results follow these important guidelines:

- Always purchase raw unsalted nuts and seeds (roasting lowers their nutritional value)
- Use fresh fruit whenever possible (dry fruit tends to be higher in sugar and preservatives)
- Purchase slow cook oatmeal and grains (instant grains are more processed)
- Don't mix with dry boxed cereals (the added starch will make you feel bloated)



### Preparation

Muesli takes very little time to prepare; it is the ideal breakfast food when you are in a rush for work.

1 cup = approx 250 cal, 6g fibre

**Regular** – Place 1 cup of Muesli and 1 ½ cups of water in a pot. Stir and bring to a boil. Turn the heat off and cover with the lid. Let the Muesli stand for about 10 min without disturbing and serve. (Makes enough for 2 servings)

**Al dente** (firm but not hard) – place ½ cup of Muesli in a bowl and pour boiling water over until just covering the cereal. Place a plate or piece of paper towel over the bowl and let it stand for 5 min and serve. (I often get ready for work while my muesli is softening up). Makes one serving. Fast and easy to prepare!



## Recipes

### Apples and Cinnamon Delight

Place 1 cup of Muesli, 1 tsp of Cinnamon, and 1 ½ cups of water in a pot. Add one apple chopped. Stir and bring to a boil. Turn the heat off and cover with the lid. Let the Muesli stand for about 10 min without disturbing and serve. Tastes great with pecans.

### Peaches'n cream

Place 1 cup of Muesli, 1 tsp of Cinnamon, dash of vanilla, dash of molasses, and 1 ½ cups of water in a pot. Add one peach chopped. Stir and bring to a boil. Remove heat and cover with the lid. Let the Muesli stand for about 10 min. Add a dash of cream.

### Gluten Free

For those with a gluten intolerance create your muesli with millet, buckwheat, and quinoa. Pure oats that are not processed with other grains may be suitable to those who have mild sensitivity.



### All about Fibre

The soluble fibre found in oats, fruits, and some vegetables breaks down into a gel like substance in the digestive tract. As soluble fibre passes, it collects undesirable items and reduces the absorption of cholesterol into the bloodstream.

Insoluble fibre is predominantly undigested plant matter that sweeps through the digestive system and helps promote bowel movements. Regular bowel movements are particularly important in the prevention of disease. Note: Processed foods contain very little fibre. Whole foods are your best source for Insoluble fibre.



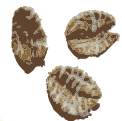
## Whole Grains

### Oats



Contain beta-glucan fibre which has cholesterol lowering properties. Also has antioxidants that protect blood vessels.

### Spelt



Can be used in place of wheat in most recipes. Has a wonderful nutty flavour and higher protein content than wheat.

### Quinoa



Not a true grain. quinoa is one of the few plant products that contains a complete protein source. Gluten free.

### Buck Wheat



Not actually a grain but a cousin of rhubarb. Contains high levels of the antioxidant rutin, which improves cardiovascular health and is gluten free.

### Millet



Popular in India and Eastern Europe. Millet does not contain gluten. Good alternative for those with celiac disease.

### Kamut



Available since Egyptian times. Kamut has higher amounts of protein and vitamin E than common wheat.

### Rye



A favourite of Europeans. Rye has a high fibre content and low glycemic index making it desirable for diabetics.

## Fruit

### Blueberries



Wild blueberries are potent antioxidants. Blueberries contain anthocyanidins which have been shown to inhibit the growth of cancer cells (especially colon cancer).

### Raspberries



Raspberries are a good source of vitamin K, magnesium, vitamin C, and fibre. Raspberries also contain potent cancer fighting ellagitannins and anthocyanins.

### Raisins



Raisins, like many other dried fruits are preserved with sulphites, which can have adverse effects on human health. Purchasing organic fruit ensures no sulphites were used. Choose unsweetened raisins.

### Blackberries



Blackberries are a good source of Vitamin A, potassium, and calcium. They also contain anti-cancer chemicals putting them just below blueberries and cranberries in potency.

### Apples



An excellent source of the flavonoid called quercetin, which reduces heart disease. Apples also contain vitamin C, along with soluble and insoluble fibre.

### Bananas

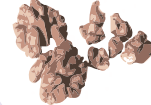


Bananas are very rich in potassium which is important for maintaining healthy heart function and low blood pressure.

# Muesli



### Walnuts



Fantastic flavour and one of the best sources of omega 3 fatty acids. Walnuts are also high in L-Arginine which helps protect against hypertension.

### Almonds



High in Vitamin E, Potassium, and Magnesium, almonds are a good source of healthy fats. The flavonoids found in almond skins are a potent antioxidant.

### Pecan



Contains more than 19 vitamins and minerals, including Vit A,B,E,folic acid, calcium, magnesium, phosphorus, potassium, and zinc. Pecans contain high amounts of antioxidants.

### Cashews



Cashews have a delicate sweet flavour. The cashew is high in copper, magnesium, and tryptophan making them good for your bones.

### Macadamia Nuts



Macadamia nuts are an incredible natural source of thiamine (vitamin B1), manganese, and magnesium.

## Nuts

### Peanuts



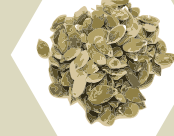
Peanuts are not nuts but a member of the legume family. Peanuts are a good source of vitamin E, niacin, folate, and protein.

### Coconut



Coconut is a good source of iron, phosphorus, and zinc. Coconut mainly contains medium chain fatty acids which provide lots of energy.

### Pumpkin Seed



Pumpkin seeds are loaded with vitamin K, protein, and minerals. The phytosterols found in pumpkin are reputed for their anti-cancer properties.

### Flax Seed



Flax seeds are loaded with Omega 3 fatty acids which are an important essential fat. Omega 3 fats can help reduce inflammation and may be beneficial to those with arthritis.

### Hemp Seed



Hemp seed contains the most concentrated plant source of essential fatty acids. Hemp also contains a complete protein comparable to meat protein.

### Sesame Seed



Sesame seeds are a very good source of copper, magnesium, and calcium. Contains the special fibre sesamin which has been shown to protect the liver from oxidative damage.

### Vanilla



Vanilla delivers an abundance of natural flavour and makes a great addition to muesli.

### Cocoa



Cocoa increases serotonin levels in the brain which can have a positive effect on depression. High in antioxidants and vitamins.

### Cinnamon



Cinnamon comes from ground tree bark and is a good source of vitamin K, Iron, calcium, manganese, and fibre.

