

Original Birchermuesli recipe

Ingredients for 4 persons, recipe by Dr. Max Bircher-Benner



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- 2 tbsp. Oat flakes
- 0.4 dl. Cold water
- ½ tbsp. Sweetened condensed milk
- ½ tbsp. Honey
- 2 tbsp. Ground hazelnuts or almonds
- 3 whole apples
- ½ lemon

Preparation

- Soak Oat flakes in cold water for 12 hours
- Add honey (dissolved in a little hot water), sweetened condensed milk, ground hazelnuts or almonds
- Squeeze lemon and add the juice
- Wash apples, dry them and grate straight into the Muesli, stir frequently to prevent the apples from going brown. Grate just before serving.

Source: Das kleine Wendepunkt-Kochbuch, arranged by R. Eugster