

## Traditional Muesli

*Muesli is a classic heart healthy breakfast food that goes back centuries. It was introduced around 1900 by the Swiss physician Maximilian Bircher-Benner for patients in his hospital, where a diet rich in fresh fruit and vegetables was an essential part of therapy. Feel free to add your favorite fresh fruit or omit any ingredients you don't prefer.*

*A Recipe by Chef Walter Staib*

Serves 10

2 cups old-fashioned oats, dry (not instant)  
1 ½ cups skim milk  
2 pears, unpeeled grated  
2 apples, unpeeled grated  
2 peaches, grated  
½ cup dried apricots  
2 bananas, cut into ½-inch pieces  
½ cup seedless grapes, halved  
1 cup low fat vanilla or plain yogurt  
½ cup walnuts, toasted and chopped coarsely

Soak oats in milk in a large bowl for two hours in refrigerator. When softened, add grated fruits, apricots, bananas, grapes, and stir. To serve, scoop into ten bowls and top with yogurt and walnuts.

## Nutritional Breakdown Traditional Muesli

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
<b>HH Traditional Muesli</b>	<b>10</b>	223	5.7	0.8	2	34	6	41	6