



Bircher muesli

This muesli is packed with all the beneficial ingredients needed to feed the gut bacteria, making for a happy digestive system.

⌚ Prep time 10 mins 🍴 Serves 2-4

Vegetarian, Wheat free. High in dietary fibre

Ingredients

- 1 red apple unpeeled
- ½ cup rolled oats
- 2 dessert spoons roughly chopped almonds
- 2 dessert spoons pepitas (pumpkin seeds)
- 2 dessert spoons whole linseeds
- 2 dessert spoons sunflower seeds
- ½ teaspoon ground cinnamon
- 1 cup yoghurt (or ½ cup yoghurt and ½ cup apple juice)
- Raspberries, plums or other seasonal fruit

Method

Grate the apple. Mix with rolled oats, nuts, seeds and cinnamon. Add yoghurt and mix to combine. Cover and place in fridge overnight. In the morning, if a moister consistency is desired, add extra yoghurt, milk, soy milk or apple juice. Serve with a selection of fruit. Will keep in fridge for 2-3 days. The ingredients absorb the liquid so extra yoghurt (or other liquid) will need to be added on later days



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Nutritional information

It's often said that breakfast is the most important meal of the day. Studies show that skipping breakfast affects how much energy we expend. Without it, we're more likely to move less and burn less calories.

This dish contains whole foods that nourish and restore the gut microbiota. The human gut microbiota contains over 1000 different species. They help us to maximise the absorption of nutrients and energy, have a role in our immunity, and new research shows that they can influence behaviours such as anxiety and depression. It is well established that our diet influences the fermentation of these bacteria in the gut as well as the total bacteria in the intestine. Raw rolled oats are a great source of resistant starch, which nourish good bacteria. Oats also help with appetite control and make us feel full for longer. Red apples, berries, plums and linseeds are rich in disease-fighting antioxidants called polyphenols. Pepitas and sunflower seeds are rich in the prebiotic galactooligosaccharides and almonds are a prebiotic-like food. Yoghurt containing live cultures of good gut bacteria may help by temporarily colonising the gut.