

Bircher muesli

Ingredients required for 6 persons

Preparation time 10 minutes

Difficulty medium

Ingredients

- 2 EL spelt
- 2 EL buckwheat
- 200 ml cream
- 200 ml whole milk
- 100 g unsweetened yogurt
- 100 g oats
- 50 g unsulphurated raisins
- 1 EL dried apricots
- 2 EL cane sugar or honey
- 1 rasped apple
- 1 diced banana
- 1 Tasse fresh fruits in dice
pulp of half a vanilla pod
- 4 EL flaxseed oil



Preparation

Soak spelt and buckwheat in water for a few hours or overnight. The next day, place in a bowl and mix with the remaining ingredients. Garnish with fruits.

By the way

You can also use hemp seed oil or chia oil instead of flaxseed or omega balance oil.