**BREAKFAST WELLNESS WORKSHOP RECIPE**

**Wellness Bircher Muesli**

**A quick background on Bircher:**

As a young doctor, Max Bircher-Benner became convinced of the healing powers of fruit and vegetables. Between 1895 and 1900 he conducted numerous nutritional experiments with raw vegetables on himself, his family and suitable patients, finally developing the now internationally famous Bircher Muesli.

The main ingredient then was raw apple, rather than the cereal or yoghurt of today. By the 1940s it was a popular family supper dish. By the 1950s-1960s, however, it had extra ingredients such as cream and sugar. Industrially produced muesli with dried fruits is now also common. These later additions were against Bircher-Benner’s ideas.

**Ingredients (1 serve):**

* ½ granny smith apple, peeled cored & grated, ¼ pear, peeled, cored & grated
* 1/4 cup rolled oats
* 25 gm fresh orange juice
* 20gm Greek yoghurt
* 1 tsp chai seeds
* 1 tsp toasted almonds
* 1 passionfruit
* Pinch cinnamon

**Method:**

* Place grated apple & pear, place in a bowl, add rolled oats, cinnamon & orange juice, mix and combine
* Allow to stand in the refrigerator for at least 1 hour
* Fold the yoghurt through just before serving and top with passionfruit
* Serve and enjoy!