

## Overnight Oats (Bircher Muesli)

Oats are a superfood!

**Reduce blood pressure** - a diet which includes plenty of whole-grains (such as oats) can be just as effective as taking prescribed medications to lower blood pressure.

**Reduce cholesterol** - Soluble fibre helps your intestinal tract trap substances associated with blood cholesterol and oats actually have the highest portion of soluble fiber of any grain.

**Stabilise blood sugar** - Wholegrain oats have a low glycemic index, meaning its sugar is released more slowly into the blood stream preventing the sugar spikes often associated with carbohydrate consumption. A low glycemic diet is associated with a significantly lower prevalence of risk of type 2 diabetes and coronary artery disease.

**Reduce food cravings** -  $\beta$ -glucan reduces appetite by increasing the hunger-fighting hormone cholecystokinin.

**Promote sleep** - Oats contain melatonin and complex carbohydrates that help you sleep as well as B6, which is a co-factor that also aids in the production of sleep enhancing serotonin.

**Antioxidant** - Oatmeal is loaded with special antioxidants called *avenanthramides*, which protect your cells from free radicals and thus reduces the risk for cancer and heart disease.

### Dry Mix

This is a basic recipe. Please get creative with the ingredients you have on hand. You can omit nuts, seeds, or dried fruit as you wish.

*Jumbo rolled oats - 4 cup*

*Flaxseed - 1 cup*

*Coconut - 1 cup, chips or desiccated*

*Dried Fruit (unsweetened) - 1 cup - raisins, sultanas, apricots, goji, cranberries...*

*Nuts - 1 cup - almonds, brazils, hazels, walnuts...*

*Seeds - 1 cup - sesame, pumpkin, sunflower*

*Flavours/superfoods - 1 tbsp - Cinnamon, Ginger,*

*Maca...*



Combine dry ingredients and store in a large airtight container or jar for up to a month.

### Wet Mix

*Dry Mix - about 1/2 cup per serving*

*Liquid - milk, soy milk, fruit juice*

Prepare your oats in the evening. Put up to 1/2 cup of dry mix per person into a bowl or container. Add liquid of choice and "swim" the dry mix. Stir well and leave in the fridge overnight to soak. In the morning give the mix a good stir and add more liquid if it seems a little dry. Portion into bowls and serve with yoghurt, fresh fruit and LSA.