

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 - β -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.