

## COASTAL NATUROPATHIC CENTER

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### **Birchermuesli** “Our favorite warm weather breakfast”

by Dr. Bircher-Benner  
Zurich 1887: Recipe as done at this “Natural Health Clinic”

Soak Oats and Dried Fruit for 8 hours or longer in  
Juice of 1 lemon \*\*  
Juice of 1 Orange \*\*  
Zest of 1 lemon peel

This may be left in the refrigerator for up to 2-3 days for future breakfasts.

In AM add:  
Raw Heavy Cream  
Raw Nuts (\* See instructions below)  
Fresh Fruit

#### **\* Soaked and crisping nuts:**

Raw nuts provide essential fatty acids and nutrients. But two obstacles need to be overcome.

#1 - These fats are labile omega-6 oils and are therefore destroyed with heat or whipping or long-term storage. Therefore roasted nut butters and roasted nuts are harmful. Therefore purchase raw nuts.

#2 – Nuts have a naturally irritating and toxic skin on them. This is to prevent bugs and other creatures from feeding on them. The tree protects these nutrients in the nut with a skin, which is loaded with phytic acid and other irritating chemicals which actually act as “anti-nutrients” when consumed in any quantity. Therefore; to get the nutrients from nuts, the chemicals in the skin need to be inactivated. By improving the digestibility of the nuts, it is likely that the nuts will be less allergenic. This improved digestion may also prevent allergies from developing. Almonds that are blanched and skinned are an option if soaking is not an option.

#### **Preparing Soaked and Dry Crispy Nuts:**

Pecans, Hazelnuts, Almonds, Walnuts etc. – These should be purchased raw.  
Soak in water for 4-8 hours rinsing once or twice.

Placed in a very low oven or dehydrator to re-dry. Once cooled, they can then be stored.