



## MUSELI RECIPE

4 lbs	ROLLED OATS (Substitute Rolled Spelt if you have oat sensitivity)
2 lbs	OAT BRAN
1 lb	LECHITIN GRANULES
1 lb	FLAXSEED, GROUND
1 lb	DRIED CURRENTS
½ lb	SUNFLOWER SEEDS
½ lb	ALMONDS
12 oz jar	KRETCHMER'S WHEAT GERM
½ - 1 lb	MILK THISTLE SEEDS, GROUND

Mix all ingredients in a large paper bag. Store in a plastic bag, or other container, in a cool, dry place.

Soak ½ cup of Muesli over night or at least ½ hour in diluted fruit juice or water.

Each morning add 3-4 ounces non-fat, live culture yogurt and add a whole piece of fruit (apple, pear, berries, etc.)

*Dr. Nooshin Darwish  
Holistique Medical Center  
1899 – 116<sup>th</sup> Ave NE  
Bellevue, WA 98004*