

Organic Swiss Muesli

Country of Origin: Canada from domestic and imported ingredients

Organic Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/3 cup (50 g) / par 1/3 tasse (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 140	
Fat / Lipides 6 g	10 %
Saturated / saturés 0.5 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 3 g	13 %
Sugars / Sucres 7 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Factoid:

Muesli was created by a Swiss physician named Maximilian Bircher Benner in the early 20th century. In this cereal, he combined uncooked rolled oats, nuts and fruits, as he believed that a diet rich in fresh fruits and vegetables would aid the recovery of his patients.

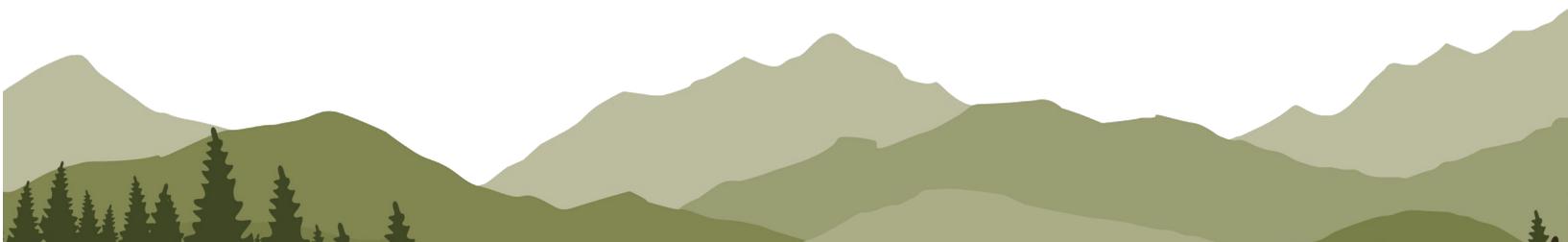
Ingredients:

Organic gluten free oats, organic Thompson raisins, organic date pieces (dates, gluten free oat flour), organic sunflower seeds, organic flax seeds, organic quinoa flakes, organic walnuts, organic almonds.

Allergen Information:

This product contains almonds, walnuts.

This product may contain sesame, milk, soy, gluten and other tree nuts.



Recipe:

**left coast
ORGANICS**

Crunchy Apple and Blackberry Crumble

Ingredients:

900 g Bramley apples

1 1/2 C blackberries

3/4 C Demerara sugar

2 lemons

1 C plain flour

3/4 C butter

1/4 C Demerara sugar

1/2 C swiss style muesli

Instructions:

1. Preheat the oven to 200C/400F.

2. Peel, core and chop the apples into small chunks. Cut the lemons in half and squeeze the juice over the apple and mix well. This not only adds flavour but prevents the freshly peeled apples from discolouring.

3. Layer the apples, blackberries, and sugar in a large pie dish (a lasagne dish is ideal).

4. Place the flour in a large bowl and then rub in the butter until it resembles bread-crumbs. Leave a few lumps of butter so that the topping is not too fine. Add the muesli or oat/seed/nut mixture and the sugar and mix through.

5. Use a spoon to sprinkle the crumble topping evenly over the fruit. Bake for 45 minutes or until the fruit is cooked and bubbling juices seep through the topping.

6. Cool for a few minutes and then serve with custard or fresh cream.

