

# Whole Grain Cereal with Fresh Fruit & Kefir



## Tips:

1. This recipe was adapted from a dish I had for breakfast pretty regularly in Germany, “Bircher Muesli mit Obst und Yoghurt” (Muesli with fruit and yogurt), which sometimes comes with the muesli and yogurt in separate bowls, as shown

below. The recipe you see here combines all ingredients in one bowl for maximum flavor and simplicity.



2. **Making this recipe all your own:** Like any recipe, the ingredients you find here, though they work great together, are just suggestions. Imagination, taste - and dietary restrictions - are always your only limits. So, have at it and make your Whole Grain Cereal with Fresh Fruit and Kefir the way you want.

**Preparation Time:** 5-7 minutes

Needed  
(per serving)

**1 Handful of Your Favorite Whole Grain Cereal**

**Shot of Milk** (I'm using almond milk, but any milk will work)

**1/2 - 1 Tablespoon Nut Butter** (I'm using almond butter, but any nut butter will work)

**Fresh Fruit** (I'm using fresh blueberries, strawberries and figs, but any fresh fruit will work)

**Kefir** (Kefir is an almost completely lactose-free fermented yogurt-like drink packed with protein and beneficial bacteria. Kefir can be substituted with yogurt.)

**1/2 Handful Dried Fruit** (I'm using dried mango, prunes, and pineapple here, but any dried fruit will work)

**1 Tablespoon Ground Flaxseed** (optional)

**Shot of Honey** (optional)

Bowl

Tablespoon

Short Bladed (Paring) Sharp Knife

Cutting Board



1. Put **a handful of whole grain cereal**, a **shot of milk**, and **1/2 - 1 tablespoon of nut butter** into a bowl.



2. Give the **fresh fruit** you're using a good rinse with cold tap water,...



...cut that **fruit** as needed, and...



...add it to the bowl.



3. If needed, chop about **1/2 handful of dried fruit** into smaller pieces as shown and add that to the bowl.



4. Pour on a **good shot of kefir** (or 1-2 tablespoons yogurt), **good shake** (about 1 tablespoon) **ground flaxseed** (optional), and...



...finish with a **shot of honey** (optional) to taste.



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