

Fresh Muesli

Soaked rolled oats combined with yogurt and fruit for a refreshing breakfast, especially in summer.

For the base:

1 cup whole rolled oats, lightly toasted if desired for a nuttier flavor

1 cup orange juice, apple cider, other fruit juice, or water (more yields a thinner muesli and less yields a thicker muesli)

¼ cup raisins or other chopped dried fruit

Zest from 1 lemon or orange

Additions:

2-3 cups fresh fruit, such as grated apple, sliced banana, fresh citrus, sliced grapes, etc.

Juice from ½ lemon, or to taste

½ cup sliced toasted nuts, such as almonds, walnuts, or hazelnuts

1 cup yogurt

Maple syrup or honey for drizzling

Stir together oats, orange juice, raisins, and lemon or orange zest in a large bowl until well combined. Cover and allow to sit out overnight. The oats will absorb most of the liquid.

Just before serving, grate or chop the fruit and stir into muesli, along with the toasted nuts, yogurt, and lemon juice. Drizzle maple syrup or honey over the top and serve.

Note: The muesli base can be refrigerated for up to 3 days and the fruit can be varied each time you make it. Serves 4.

More recipes and information

For more information about soaking grains, check out *Nourishing Traditions*, by Sally Fallon and Mary Enig, or go to the Weston A. Price website, www.westonaprice.org.

About City Market, Onion River Co-op

City Market/Onion River Co-op is a consumer cooperative, with over 6,000 members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, natural and conventional foods, and over 1,200 local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.

Hot Cereal



Nothing tastes better than a bowl of porridge in the morning. The Bulk department offers a variety of options for breakfast beyond our extensive selection of granola. Start the day with whole grains and save money by making hot cereal for breakfast. Whole grains keep well in the pantry or freezer, and are a convenient and healthy way to start the day.



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Getting started

Nearly any grain can be made into hot cereal by soaking it in water overnight and cooking it the next morning - often in less than 10 minutes' time - for a quick and healthy breakfast.

Why soak grains? Grains can be difficult to digest unless they have been soaked. That's why most traditional recipes for porridge, like the ones following, are made with pre-soaked grains.

Soaking grains overnight mimics what happens in nature to a sprouting grain - it makes the grain moist and soft, releasing the minerals locked up inside it and partially breaking it down, which aids with digestion. If you remember to soak the grains the night before, they will be creamier and cook more quickly, too.

Choosing a grain

Some common grains are milled to different points to get different textures: **Corn grits** are coarser than **cornmeal**, but both can be used for porridge depending on whether you want it coarse or creamy. **Whole oat groats** are the chewiest choice for oatmeal, followed by **steel-cut oats**, **rolled oats**, and finally soft and creamy **quick oats**. Experiment with what you and your family members like.

Think outside the box for different flavors and textures, too: **Pearled barley** tastes similar to oats, but has a wonderfully nubby texture for those who like their porridge chewy. At the other end of the spectrum, **amaranth** and **millet** are very soft.

To make hot cereal

Measure the grain plus an equal amount of water and place together in the pot in which you will cook the porridge. Cover and allow the grains to soak on the counter overnight.

The next morning, rinse the grains in a strainer and put back in the pot with the amount of water specified by the chart below, plus a pinch of salt. (Or simply reduce the amount of cooking water if you don't want to strain the soaked grain). Bring to a boil, then reduce the heat to low, partially cover with a lid, and cook, stirring frequently, until done.

If you don't have time to pre-soak the grain, simply bring the grain, water, and salt to a boil together, reduce the heat to low, and simmer until done.

Common porridges & cooking times

Quantity of grain (serves 2)	Quantity of water + pinch of salt	Cooking Time
½ cup brown rice flour (cream of rice)	2 cups water	5 min.
½ cup corn grits	2 cups water	5 min.
½ cup cornmeal	2 cups water	5 min.
1 cup rolled oats	2 cups water	10 min.
1 cup quick oats	2 cups water	5 min.
½ cup steel-cut oats (Irish oats)**	2 cups water	½ hour
1 cup oat groats	3 1/2 cups water	30-40 min.
2/3 cup 7-grain & seed cereal	2 cups water	10-12 min.
½ cup amaranth	1½ cups water	20-25 min.
1 cup millet*	2 ½ cups water	30 min.
1 cup pearled barley	2 ½ cups water	35-40 min.

*try toasting it first for a nuttier flavor

** soak overnight first



Local spotlight: Bee Haven honey and Vermont maple syrup

Good accompaniments for porridge are a little milk or cream and a natural sweetener like maple syrup or honey. Also try dried fruit like apricots or dates, shredded coconut, or whole or ground flax seeds (added to your bowl). Our honey and maple syrup are from Vermont sources and a great deal in Bulk.

Classic oatmeal

1 cup rolled oats
1 cup warm water
2 Tbs. yogurt (opt.)
pinch of salt
1 cup water

Mix oats with warm water and yogurt, cover, and leave on the counter overnight. The next morning, add an additional 1 cup of water and bring to a boil. Reduce heat, cover, and simmer until oats are tender (about 5-10 minutes).

Congee

A recipe so nourishing, satiating, and warming you might just want to curl up with a pot of it and stay inside! Congee is native to China, where it is not just eaten for breakfast.

1 cup brown rice (can also use sweet rice, millet, barley, quinoa and many other grains)
4 cups water optional additions: cinnamon, honey, dried fruit, sage, endless possibilities

Combine brown rice and water and cook on lowest heat possible for 4-6 hours or in a crock pot or rice cooker overnight on low.