

# Herbal Legacy Recipes

## Calcium Rich Blueberry Muesli

Makes 3 servings

*The almonds and sesame seeds make this tasty Muesli calcium rich. Add 1 cup of chopped oranges to increase the calcium even more. Muesli is a Swiss breakfast cereal that is a mixture of grains, nuts, and dried fruits. Traditionally, it is soaked overnight in fruit juice, then served with fresh fruit. It may also be served with hot or cold non-dairy milk.*

### INGREDIENTS

- 2 cups rolled oats
- ¼ cup sesame seeds
- ¼ cup chopped almonds
- ½ cup chopped dried fruit (apples, figs, apricots, etc.)
- ½ cup raisins or chopped dates
- 1 cup non-dairy milk, fruit juice, or applesauce
- 2 cups fresh or frozen blueberries (or try a combination of frozen berries for variety)



### DIRECTIONS

Combine oats, sesame seeds, almonds, dried fruit, and raisins. Leave whole or grind in a food processor for a finer cereal. Store in an airtight container in the refrigerator.

To serve, mix 1 cup of muesli with non-dairy milk, fruit juice, or applesauce. Stir in 2/3 cup fresh or frozen blueberries and let stand several minutes before serving.

*Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

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