

Dr. Maximilian Bircher-Benner was born in Switzerland in 1867. He studied medicine in Austria, Germany and Switzerland. He created muesli based on a dish he and his wife was served on one of his mountain hikes.

He operated a small private clinic and advocated a diet based on fruits, vegetables and grains. He believed that people should consume a large proportion of uncooked food.

Soluble fibre is a great way of reducing serum cholesterol AND oats and particularly oat bran contain lots of soluble fibre.

Make you own recipe. Some ideas that you may consider include:

- rolled oats
- oat bran
- chopped dried fruit - raisins, sultanas, cranberries, mango, apple, dates
- chopped raw nuts - almonds, walnuts, hazelnuts, pecans

Soak overnight in an equal amount of water.

Serve with fresh fruit and the milk of your choice.