

## Fresh Muesli

Soaked rolled oats combined with yogurt and fruit for a refreshing, light breakfast.

### 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 (use less for a thicker muesli)
- ¼ cup raisins or other chopped dried fruit
- Zest from 1 lemon or orange

### Additions:

- 2-3 cups fresh fruit (grated apple, sliced banana, fresh citrus, sliced grapes, etc.)
- Juice from ½ lemon
- ½ cup sliced toasted nuts, such as almonds, walnuts, or hazelnuts
- 1 cup yogurt
- Maple syrup or honey for drizzling

### Instructions:

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. Serves 4.

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



## Common Porridges & Cooking Times

Grain (serves 2)	Water + pinch of salt	Cook 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 ½ cups water	30-40 min
⅔ cup 7-grain & seed cereal	2 cups water	10-12 min
½ cup amaranth	1½ cups water	20-25 min
1 cup millet	2½ cups water	30 min
1 cup pearly barley	2½ cups water	35-40 min

# Whole Grain Cereals



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End

[www.citymarket.coop](http://www.citymarket.coop)



# About our Whole Grain Cereals

Our Bulk department offers a variety of options for breakfast beyond our extensive selection of granola. Start the day with whole grains for a hearty meal. Add some local honey or maple syrup for an added treat. Whole grains keep well in the pantry or freezer and offer an easy way to start your day off on the right foot!

## 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) 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 in this brochure, 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 helps you make the nutrients easier to absorb. 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 differently 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. Buckwheat groats are the chewiest choice for oatmeal, followed by steel-cut oats, rolled oats, and finally soft and creamy quick oats. Experiment with each to find the right choice for you.

Think outside the box for different flavors and textures, too. Pearled barley tastes similar to oats, but has a unique texture perfect for those who like their porridge chewy. At the other end of the spectrum, amaranth and millet are very soft. Try roasting them first for a nuttier flavor.

## Making 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, drain and rinse the grains in a strainer and put back in the pot with the amount of water specified by the chart back panel, plus a pinch of salt (or simply reduce the amount of cooking water if you don't want to strain the soaked grains). 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.

## Vermont Honey & Maple Syrup



Natural sweeteners like honey and maple syrup make for a great addition to porridge. You can find a wide variety of local options for both in our Bulk and Grocery departments. Check out some of our many local options on the next page.



## Local Honey

- Vermont Clover Honey, Northwood Apiaries: Westfield, VT (available in bulk)

*Other local honey options available in our Grocery department include a variety of raw, liquid, creamed, and infused honeys from these local producers:*

- Green Mountain Bee Farm
- Champlain Valley Apiaries
- Ariel's Honey Infusions
- Northwood Apiaries
- Heavenly Honey Apiaries
- Lemon Fair Honey Works



## Local Maple

- Purinton Maple, Dark Robust and Amber Rich: Huntington, VT (available in bulk)

*Other local maple syrup options can be found in our Grocery department and range from golden delicate to dark robust. You can find a wide variety of this quintessential Vermont product from these and other local suppliers:*

- Buck Mountain Maple
- Highland Sugarworks
- Hillsboro Sugarworks
- Square Deal Farm