

- To make the Budwig Muesli, blend 3 Tablespoons (British dessert spoons) of flaxseed oil (FO) with 6 Tablespoons low-fat Quark or Cottage Cheese (CC) with a hand-held immersion electric blender for up to a minute. If the mixture is too thick and/or the oil does not disappear you may need to add 2 or 3 Tablespoons of milk (goat milk would be the best option). Do not add water or juices when blending FO with CC or quark. The mixture should be like rich whipped cream with no separated oil. Remember you must mix **ONLY** the FO and CC and nothing else at first. Always use organic food products when possible.
- Now once the FO and CC are well mixed grind 2 Tablespoons of whole flaxseeds and add to the mixture. Please note that freshly ground flaxseeds must be used within 20 minutes after being ground or they will become rancid. *Therefore do not grind up flaxseeds ahead of time and store.*
- Next mix in by hand or with the blender 1 teaspoon of honey (*raw non-pasteurized is recommended*)
- (Optional) For variety you may add other ingredients such as sugar free apple sauce, cinnamon, vanilla, lemon juice, chopped almonds, hazelnuts, walnuts, cashews (no peanuts), pine kernels, rosehip-marrows. For people who find the Budwig Muesli hard to take these added foods will make the mixture more palatable. Some of our patients have even added a pinch of Celtic sea salt and others put in a pinch of cayenne pepper for a change
- (Optional) Dr. Harvey Diamond who wrote a book on the importance of "food combining" and other experts recommend not mixing fruit with other foods (*they say to eat fruit on its own on an empty stomach and wait 10 minutes before eating other foods*) If however you do not have any digestion problems you may want to add various fruits, especially berries fresh or frozen. No more than 1 cup of fruit should be added.
- (Optional) Add ground up **Apricot kernels** (no more than 6 kernels per day). Or you may decide to eat these apricot kernels on their own

Nausea - Some people get nausea from the ground flaxseeds, to counter this by taking a small bowl of papaya immediately afterwards. Also put a lot of papaya into the morning muesli too, it may be there is a special enzymes in the papaya that quells the nausea.