

Morning Muesli Breakfast Recipe

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You've been probably hearing "breakfast is the most important meal of the day" for as far back as you can remember...and you know what, your parents were RIGHT!

There is a reason why it's called break-fast. That's because your body fasts for eight hours while you are sleeping, and that first meal of the day is a vital way to break that fast and get your brain and body going for the day.

Many people rush out of the house or apartment in the morning skipping or waiting until late morning or lunch time to have their first meal of the day. Sound familiar? I'm guilty as charged! :)

By doing this, your metabolism has already slowed for the day, your energy levels have drained, you're tired, and before you know you are snacking on calorie laden, unhealthy, and probably processed ACIDIC foods.

Having breakfast prevents all that and is one of the best ways to jump-start your day...as long as it's healthy, balanced, and ALKALINE.

The great thing about this super easy Morning Muesli recipe is that it takes less than 10 minutes to prepare and it doesn't have to be cooked!

You can make a big batch of this, enough for 2-3 days of breakfasts, put it in individual serving containers, leave it in the fridge, and grab it on your way out every morning.

Whether it's one of my delicious smoothies or the Morning Muesli, if you can master the habit of consistently eating breakfast EVERY morning, you will help your chances of succeeding at multiple tasks including weight loss, lowering cholesterol, and keeping blood sugar levels manageable.

Very few breakfast foods are as good for you as plain-old, traditional gluten-free oatmeal. Oats are high in fiber, full of minerals, and vitamin E. Their most popular health benefit is the ability to lower cholesterol levels over an extended period of time.

Almond milk gives you increased energy, protein, vitamins, minerals, and fiber. The health benefits of almond milk include improved vision, weight loss, stronger bones, and a healthy heart. Almond milk also helps build strong muscles, maintain ideal blood pressure and proper kidney function.

As I've said before, [Almonds](#) are full of healthy fatty acids and proteins to help you feel more satisfied for a longer period of time. Best of all, they are highly alkaline and help neutralize ACID in your system, as well as helping slow down the metabolism of any sugars in your system preventing any insulin spikes.

Green Apples are extremely rich in important vitamin C, B complex vitamins, minerals, antioxidants and dietary fiber. Studies suggest apples may help reduce the risk of cancer, diabetes, and heart disease.

Cinnamon can be beneficial against muscle spasms, vomiting, diarrhea, infections, the common cold, loss of appetite, erectile dysfunction, and again, help lower blood sugar levels.

Enjoy this delicious alkaline breakfast to help you...GET OFF YOUR ACID!

Morning Muesli

INGREDIENTS

- ½ cup gluten free rolled oats (Bob's Red Mill)
- 1 cup unsweetened coconut or almond milk (from a carton)
- 1 tbsp. sliced almonds (optional)
- ½ cup chopped apple (optional)
- Dash of cinnamon



Soak all ingredients in your fridge overnight and you'll have a delicious breakfast cereal in the morning. You can heat it up if you prefer it hot.

If you forget to soak the oats overnight, you can cook them on the stove and then add in your fruit and nuts.

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