

It is a known fact that Germans know how to make 'stuff'. Cars aside, their foods have never been regeared in a similar fashion and the basic knowledge about their cuisine is often limited to sausages and sauerkraut! What people don't know is that German food serves up over 25 types of sausages and each one is varied in taste and even texture. Apart from sausages, another German offering is the now-famous muesli. The key, however, is to find the right brand and balance that suits your palate and your dietary requirements. Among the variants available, most popular ones include fruit flavours and even chocolate but specific ones include gluten free, sugar free, roasted or raw.

If it is health benefits you seek, then muesli is said to regulate the digestive system owing to the high fibre content of the ingredients. The nuts add the protein and if you enjoy it with yogurt or milk, then you get the added benefits of dairy as well. Though it is hard to deny the presence of sugars in muesli it is significantly lower than commercial breakfast cereals, even every day cornflakes.

CHOOSING A MUESLI BRAND

When choosing a brand of muesli, look for the following riders: low glycemic index, natural sweeteners like dry fruits (raisins, currants, and cranberries), the ratio of wholegrain and other ingredients. It is advisable to choose one that has a higher ratio of rolled oats versus dry fruits and nuts.

Though it is best to choose a variety of brands to find the 'one' for you, the newly launched Kölln from Germany offers 5 variants that make for an interesting breakfast mix. Kölln is the second largest cereal brand in Germany, offering a large range of oat-based products, among them oat flakes, oat bran, oat muesli, oat snacks and oat drinks. The company is also one of Germany's leading proponents of a healthy and balanced diet, though in India, Saksham Impex has imported only the muesli variants for now.

CHOCOLATE AND OATS Probably developed

Crunch and Munch and Chomp and Chew!

A plethora of dried fruits, nuts and whole grains, muesli is considered a healthier alternative to other sugar-laden commercial breakfast cereals available in the market. And trust a German brand like Kölln to help you make the right choice from a wide variety of offerings.



for kids and those who prefer an indulgent breakfast without living with the guilt that follows. Despite being fairly chocolate laden, there is something missing, which is hard to pinpoint. Other than the additional calories within, it is a nice way to initiate children into eating oats for breakfast.

WHOLEGRAIN FRUITS AND OATS: This variant is for a serious aficionado of wholegrain foods. It is crunchy, hearty and slightly heavy but in a good way; the way fibre is - over fat that is! The melange of fruits (dehydrated of course!) is limited to apples and raspberries but coupled with sultanas and raisins, this variant makes for an interesting breakfast, albeit sweeter than most muesli with fruit.

CRUNCHY YOGURT RASPBERRY AND OATS: It's not all in the name; this variant is actually best enjoyed with yogurt and not milk. The tartness of freeze dried raspberries and the yogurt are a welcome relief in summer weather though the fortification from dried skimmed milk yogurt and raspberry juice concentrate further deepens the flavour. This is one of the 'crunchy' variants from the brand and true to promise it is definitely crunchier than local muesli varieties. It makes for a great snack sans dairy and if you're inclined towards dessert, this variant makes for an excellent addition to Muesli Trifle.

CRUNCHY CLASSIC AND OATS: Lightly flavoured with vanilla, the Crunchy Classic & Oats are sure to be favourites and are ideal to bake cookies with too. The crunchy variant has tremendous appeal across demographics with an emphasis on kids. It does need mild additional sweetening if partaken with yogurt, though with milk it is a deeply satisfying breakfast. Don't hesitate from trying various seasonal fruits in the bowl itself; most recommended would be banana, strawberry and mangoes.

OAT CRISPIES: A close cousin of Rice Crispies which failed to find a market in India, Oat Crispies come with a promise of less sugar and higher fibre content than the ones made with rice. With just 1.6 gm of fat and 118 Kcal (as stated) in 30 gm, one can have a mini breakfast of less than 200 calories.

When it comes to muesli, all you need to do to up its oomph quotient is add fresh fruits on the side and low fat milk as a base and this could well be a 'healthy' breakfast for both kids and adults. Kids however may feel the need for more sweetness which is easily achievable with a dollop of honey. ■