

**GOOD MORNING**

## A Bowl for When You Can't Be Bothered

Sure, this muesli is healthy. But don't underestimate its simple, luxurious charms.

**THERE WAS A TIME**, not so long ago, when I was blissfully unaware of the protein content of an egg and the fiber in a cup of oats. I munched on piles of toast without remorse. The term “macro” was not in my vocabulary.

Alas, those days are gone.

To be alive and online in the year 2025 is to be assaulted daily with instructions on how to “optimize.” As I approach 50, I can't just dismiss all this nutritional noise out of hand. Still, I refuse to turn my breakfast table—so long a place of leisurely pleasures—into some kind of boot-camp cafeteria.

Enter bircher muesli. The formula for this stunner of a summer breakfast was invented around 1900 by one of the original nutrition influencers, Swiss doctor Maximilian Bircher-Benner. Still, this version's virtuousness is more than matched by its deliciousness.

Yes, it's gluten-free. And thanks to a base of toasted coconut, nuts, seeds and shredded pears, the fiber content is off the charts. But the magic is not in the macros.

It's in this overnight recipe's easy adaptability and the luxurious alchemy of texture and flavor that occurs while you're doing nothing more than sleeping.

Mixed with yogurt and honey and studded with dates, the muesli relaxes into velvety softness—resulting in a bowl that's less sad overnight oats and more like a cool cousin to rice pudding.

Still hellbent on leveling up? A few jewel-like berries or slices of plum do the trick.

— *Sarah Karnasiewicz*

**Here's a summer breakfast whose virtuousness is more than matched by its deliciousness.**

