

## What other foods can I add to the Budwig flaxseed oil and cottage cheese mixture?

Dr. Budwig allowed a small amount of pure raw honey. To sweeten the muesli you may add 1 teaspoon of honey (raw, unpasteurized honey is best, containing all of its healthy properties). Here are some other great suggestions on how to make the Budwig Muesli (Flaxseed oil and cottage cheese mixture) taste great and to keep it interesting:

- Add the juice of ½ a lemon makes it very palatable and a great fresh ziggy taste.
- Add fruit in season, especially berries can be added
- Add parsley and garlic
- Dried fruits
- Ground hemp seeds
- Ground almonds or Brazil nuts
- Ground sunflower seeds or pumpkin seeds (do not use peanuts)
- Vanilla or cinnamon
- Raw cocoa makes it like a chocolate 'mouse' desert
- Grated coconut (unsweetened)
- Some prefer a touch of cayenne pepper... be creative!
- If you would rather a runnier consistency, add goat's milk, oat milk, almond milk, or organic rice milk.