

P. Jentschura®

MorgenStund'®

Millet and buckwheat porridge with fruit and seeds



DE-ÖKO-064
EU-/ non- EU Agriculture

Serving suggestion





MorgenStund' offers you many advantages:

- rich in vital substances
- no sugar added
- gluten-free
- well digestible
- lactose-free
- quick to prepare

MorgenStund' – the perfect start into your day!

A good day always begins with a good breakfast. By providing your body with valuable and natural nutrients and vital substances already in the morning, you lay the foundation for sustainable physical and mental capacities whether at work, in sports or at home.

With its many vital nutrients, MorgenStund', a product of the traditional P. Jentschura brand, is the wholefood breakfast experience for the entire family. The high-value gluten and lactose-free millet and buckwheat porridge convinces through its naturally high nutrient density and digestibility.

The varied breakfast enjoyment from Jentschura is the healthy alternative to traditional sugar-sweetened crunchy mueslis, toasts with chocolate spreads and to other products based on white flour. Preparation is done in no time at all. You can either cook MorgenStund' as a porridge or simply pour hot water onto the product, stir it and allow it to swell before you refine it at will by adding fruit, nuts, some cream, oat, rice or almond milk. By the way, thanks to its numerous valuable ingredients, MorgenStund' has acquired a reputation as a beautifying breakfast.

Enjoy preparing your breakfast and - bon appétit!

Your P. Jentschura Team





Apple

Sunflower seeds

Pineapple

Pumpkin seeds

Amaranth

Sweet almonds

Millet

Buckwheat

Only the best from nature!

Ingredients: Millet*, buckwheat*, fruit 135 % (apple* and pineapple*), oil seeds 8.5% (pumpkin seeds*, sunflower seeds* and sweet almonds*) and amaranth*

* organically grown product
DE-ÖKO-064



MorgenStund' – your breakfast specifies the direction in terms of metabolism.

MorgenStund' is the ideal thing to begin a successful day with. The millet and buckwheat porridge supplies your body with natural, valuable vitamins, and minerals and trace elements to ensure optimal performance, endurance and a strong immune system. MorgenStund' is in particular a valuable source of zinc, magnesium, biotin and vitamin B₁.

Zinc – plays an important role for the acid-alkaline balance since it is necessary for the deacidification function of the kidneys for example;
– promotes the immune system and wound healing.

Magnesium – is required for the control of the muscle and nerve functions;
– plays an important role for bone augmentation and the tooth structure.

Biotin – for beautiful skin, hair and nails;

Vitamin B₁ – is important for the nervous, cardiac and muscle functions.

For further nutrition information on MorgenStund' please refer to page 16.



Basic recipe for MorgenStund'

- 3 tablespoons of MorgenStund' (35 g)
- approx. 180 ml of water

One portion of the basic recipe contains: 128 kcal/543 kJ · 4.5 g protein · 2.6 g fat · 21.9 g carbohydrates · 1.8 carbohydrate exchange



Variant 1

Add boiling water to MorgenStund' while stirring and allow to swell for 1 to 2 minutes.



Variant 2

Stir MorgenStund' into the water using an egg whisk. Bring to the boil while stirring, and leave to simmer at low heat for 1 to 2 minutes.



also ideally suited
when not at home,
for example at the
office

Ideas for a delicious breakfast with MorgenStund'

The quantities indicated refer to 1 portion each.



MorgenStund' with berries,
Pears and hazelnuts

- 3 tablespoons of MorgenStund' (approx. 35 g)
- 180 ml of water
- 6 - 7 blackberries or blueberries, either fresh or deep-frozen
- ½ pear
- 1 - 2 teaspoons of linseed oil or cream
- Chopped hazelnuts as desired
- a little bit of cinnamon

Prepare MorgenStund' according to the basic recipe and leave to cool down a little. Cut fruits into small pieces and add it to the porridge and refine it with the hazelnuts, cinnamon and oil or cream, respectively.



MorgenStund' with apple puree
and vanilla

- 3 tablespoons of MorgenStund' (approx. 35 g)
- 180 ml of water
- 1 knife point of bourbon vanilla
- 1 tablespoon of bright almond butter
- 1 dash of cream, rice milk or similar
- apple puree as desired

Prepare MorgenStund' according to the basic recipe and leave to cool down a little. Mix the almond butter and the vanilla into the porridge. Add the apple puree and some cream, rice milk or similar as desired.



MorgenStund' with banana, raspberries and cinnamon

- 3 tablespoons of MorgenStund' (approx. 35 g)
- 180 ml of water
- ½ banana
- 2 raspberries, fresh or deep-frozen
- 4 - 6 dried dates or figs
- 1 teaspoon of kibbled linseeds or grated coconut
- 1 dash of cream, rice milk or similar

Prepare MorgenStund' according to the basic recipe and leave to cool down a little. Cut the banana, dates or figs into small pieces and stir them into the porridge together with the linseeds or grated coconuts and raspberries. Add the cream and refine with cinnamon.



MorgenStund' with fruit and raisins

- 3 tablespoons of MorgenStund' (approx. 35 g)
- 180 ml of water or 90 ml each of oat or almond milk and water
- ¼ banana
- ½ pear or apple
- ½ - 1 peach or nectarine
- a little honey or maple syrup
- some raisins
- 1 - 2 teaspoons of linseed oil

Prepare MorgenStund' according to variant 2. Let the banana slices simmer together with the porridge and leave to cool down a little. Cut the remaining fruits into small pieces and add them to the porridge. Refine with raisins, some honey and linseed oil.

Let your imagination run free!

A true breakfast delight you won't want to do without in the future!

Endless number of variations

MorgenStund' with

fruit, trail mix, nuts, seeds, dried fruit, coconut flakes, fruit spread, almond butter, walnut oil, vanilla, cinnamon, ginger, oat, rice, almond and coconut milk, cream and much more.

Individual refinement

- high-quality omega-3 fatty acids: linseed oil, linseeds, Chia seeds,
- protein boost for example for athletes: lupin flour or hemp proteins

A special revitalising boost:

Refine in line with your own taste either using WurzelKraft fruity or WurzelKraft spicy.





MorgenStund' bar with cranberries

- 300 g MorgenStund' ground
- 180 g honey
- 125 g cranberries
- 180 g hazelnuts or almonds, · 2 eggs
- 60 g apricot jam
- 1 pinch of salt

Melt the butter slowly at low heat. Put MorgenStund', the hazelnuts or almonds into a bowl, add the melted butter, stir cautiously and allow to stand for approx. 10 minutes. Whisk the honey and eggs and add the salt. Carefully stir in the cooled MorgenStund' mixture. Add the cranberries and the jam. Knead the mixture with your hands until it becomes a homogeneous mass. Spread the mass on a greased baking tray using a dough scraper or your hands and press it against the tray.

Baking temperature: 180° C, mid height

Baking time: 25 - 35 minutes



MorgenStund' muffins

• 200 g MorgenStund' (do not cook)	100 g liquid honey	2 teaspoons of baking powder
50 g ground nuts	1 egg	80 g grated carrots
375 ml water	50 g butter	
	130 g wholegrain spelt flour	

Beat the egg white until stiff. Stir the honey, egg white and butter until fluffy. Add MorgenStund', nuts and water and mix up. Add the baking powder with the flour by stirring them in briefly. Finally, fold in the stiff egg white. Fill the dough into muffin trays. The dough quantity is enough for baking approximately 20 muffins. Baking temperature: 175° C, mid height, baking time: 40 - 50 minutes

Tip: The bars and muffins can also be frozen in portions.



*"Optimal combination of nutrients for
top performances"*

We all love MorgenStund'

Ideal breakfast for the whole family but also recommended for use in the framework of deacidification cures or weight loss diets, suitable for athletes, pregnant women, breast-feeding women, children, people with a sensitive gastrointestinal tract and many more.





Intelligent breakfast for clever children

Porridge makes you strong! Healthy nutrition plays a central role especially in respect of growing up children to ensure an optimal development, concentration and endurance. MorgenStund' provides them with the energy required for these purposes. With its numerous vital substances, the millet and buckwheat porridge is a powerful family breakfast that can be refined according to one's individual preferences thus offering a new and exciting taste experience every morning. Its preparation is quite simple and done in no time and your children will assist you full of enthusiasm.



1★2★3 wizardry and sorcery my favourite porridge - lucky me!

Step to step towards becoming a breakfast specialist

Basic recipe: 2 – 3 tablespoons of MorgenStund' and approx. 120 – 180 ml of water

Wizardry!!



Put 2 – 3 tablespoons of MorgenStund' into a bowl.



Carefully add hot water.



Stir, using an egg beater; then leave to cool down.



Refine at will by adding fruit, nuts etc. – and you porridge is ready.

Awesome variations with MorgenStund'

Fruit, apple puree, fruit sauce, almonds, almond butter, cinnamon, coconut flakes, coconut fat, amaranth popcorn, fruit juice and many more.

An extra portion of strong vital substances: add 1 – 2 teaspoons of WurzelKraft each.

Tips for breakfast poopers: You can also take along your ready-to-eat portion of MorgenStund' to kindergarten or school.

Baking with MorgenStund': children love cooking; they are fond of mixing the ingredients, kneading and shaping the dough, nibbling from it from time to time and watching cakes and pastries grow, becoming brown and starting to smell good. The little ones have lots of fun when proudly presenting the tasty result.

Ideally suited for children's birthday parties or as food for the journey: MorgenStund' balls.



For baking recipes, please refer to www.p-jentschura.com



MorgenStund' nutrition information

Nutrition information	-per 100 g of dry product	% of the guideline daily amounts ¹
Energy	1552 kJ / 367 kcal	18,35 %
Protein	12,90 g	25,80 %
Carbohydrates	62,50 g	23,15 %
- of which is sugar ²	12,82 g	14,24 %
Fat	7,30 g	10,43 %
- of which are saturated fatty acids	0,95 g	4,75 %
Dietary Fibre	6,80 g	27,20 %
Sodium	0,017 g	0,71 %
Bread units	5,21	

Vitamins ³ and Minerals ³	per 100 g of product	% of the recommended daily allowance ⁴
Vitamins		
Vitamin B ¹ , thiamine	0,32 mg	29,09 %
Vitamine B ₆	0,28 mg	20,00 %
Biotine	12,00 µg	24,00 %
Niacine	4,66 mg	29,13 %
Minerals		
Potassium	380 mg	19,00 %
Magnesium	170 mg	45,33 %
Zinc	2,70 mg	27,00 %
Iron	2,50 mg	17,86 %
Silicium	8,70 mg	n.f. ⁵
Chrome	20,00 µg	50,00 %

¹ Values stated are based on a diet of 8400 kJ/2000 kcal (source: FoodDrinkEurope).

² Contains naturally occurring sugar.

³ Vitamins and minerals are contained by nature.

⁴ Values stated are based on the recommended daily allowance.

⁵ n. d.: A respective value is not determined.



Reg.Nr. 11-1011A

This product is controlled by an officially recognized food chemist.

Yield

500 g = 14 portions

1000 g = 28 portions

2000 g = 56 portions

-The right size for every household!



MorgenStund' – beautiful, vital & fit!

MorgenStund':

- is lactose-free
- is rich in vital substances
- is gluten-free
- does not contain any additional sugar



A perfect alkaline start into your day!

1. Have a glass of non-carbonated water right after getting up and a mug of 7x7 AlkaHerb for breakfast!
2. Prepare your breakfast in complete tranquillity and allow yourself at least a quarter of an hour for breakfast! For food should be thoroughly chewed to promote digestion!
3. Refine your MorgenStund' with WurzelKraft at will!
4. Chew slowly and thoroughly! Do not eat more than is necessary to satisfy your hunger!
5. Add vitamin- and mineral-packed fruit to your MorgenStund' every morning!
6. Use fresh, local and seasonal food!
7. Enjoy MorgenStund' for second breakfast.

Ideally suited for rounding off your breakfast.

Refine MorgenStund' by adding **WurzelKraft** fruity or spicy – a genuine taste experience. The 100-plant-granulate is an excessively alkaline, all-encompassing provider of vital substances for acid neutralisation and regeneration.

Enjoy the meal together with the **7x7 AlkaHerb** made of 49 selected herbs – to remove scoriae and rinse the cells.



We will be glad to advise you!



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