



BREAKFAST BOWLS

Ingredients (for two persons)

- 150 g plain yoghurt
- 4 tbsp oatmeal
- 4 strawberries
- A few blueberries
- 1 banana
- 1 tbsp unsalted pistachios
- 1 tbsp dried cranberries
- 1 tbsp almonds

Preparation:

Wash the strawberries and blueberries.

Pour the yoghurt into a bowl, then the oatmeal on half the bowl.

Finely slice the strawberries and banana and garnish the other half of the bowl. Add the almonds, pistachios and cranberries. Eat immediately with a vanilla-infused red tea.