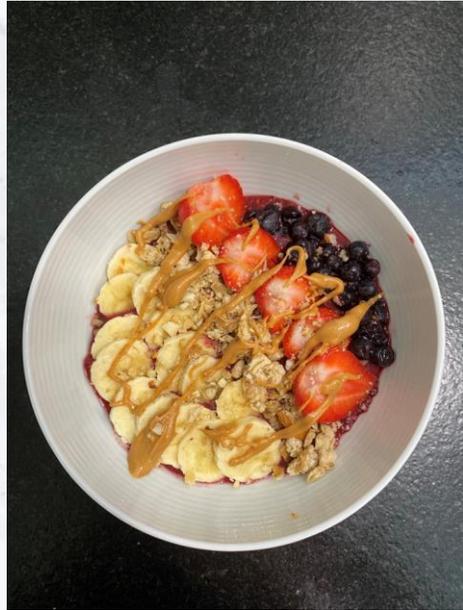


# ACAI BOWL



## INGREDIENTS:

### FOR BOWL:

- 60g of frozen banana pieces
- 120g of frozen forest fruit
- 50g of nectarine pieces
- 1 tea spoon of chia seeds
- 1 table spoon of agave syrup
- 0,5 dl of rice milk

### FOR DECORATION:

- 1 banana
- 3 strawberries
- blueberries
- granola and nuts
- 2 tea spoons of peanut butter

## INSTRUCTIONS:

1. place fresh fruit in freezer one day before preparing acai bowl
2. put it out of the freezer 15 minutes before blending to melt
3. place all frozen fruits, milk, chia seeds, agave syrup into blender
4. blend it on moderate speed until smooth
5. pour mixture into chill bowl
6. decorate with your favourites such as: strawberries, blueberries, granola and nuts, peanut butter
7. **ENJOY YOUR MEAL!**



# BANANA TOAST



## INGREDIENTS:

- banana
- rye toast
- tea spoon of vanilla paste
- table spoon of coconut oil
- cinnamon
- peanut butter
- agave syrup

## INSTRUCTIONS:

- 1. put coconut oil, vanilla paste and cinnamon in a pan
- 2. put toast into the pan, once it is crispy golden remove from the pan
- 3. caramelize banana pieces, for this you must put agave syrup in the pan and wait for golden colour
- 4. evenly spread the peanut butter on top of the toast
- 5. place banana pieces on toast



# French toast

## Ingredients:

- 1 cup and of half milk
- 10 slices of bread
- 3 eggs
- 1 packet of vanilly sugar
- oil for frying
- powdered sugar for sprinkling



**Beat egg in shallow dish with wire whisk. In another shallow dish mix milk and vanilly sugar. Dip bread first in milk mixture and then in eggs, turning to coat both sides evenly. Cook slices of bread in heated oil on medium heat until browned on both sides. Serve with powdered sugar and**

**Bon Apetit!**

# Oatmeal with apple

## Ingredients:

- 1 spoon honey
- 1 cup plain oat flakes
- 1 cup milk
- 1 cup water
- 1 apple
- 1 tea spoon cinnamon



## Recipe:

Slice an apple into small pieces. Put the milk and the water in a pot and start to heat it. When this mixture nearly starts to boil put in the oats and cinnamon and half of an apple. Boil it for around 5 minutes until it thickens. Serve it with honey and the rest of the apple.

# Smoothie

## Ingredients:

- frozen forest fruit
- orange juice/milk or water
- lemon
- banana



**First you take frozen forest fruits (or any other fruit you want) out of a freezer and thaw them. Then you take a banana and cut it into pieces. Then you put forest fruits and banana pieces in the mixer, you add some orange juice, milk or just water. You mix it all together until it is all liquid so you can pour everything into a glass**