

# Morning bowl

## Raciones para 3

250 ml  
Yogurt  
10 g  
Chia  
100 g  
Raspberries  
50 g  
Blueberries  
15 g  
Cacao nibs  
2 slices  
Pineapple  
1  
Tangerine  
1 handful  
Muesli  
1 handfu  
Pistachios

- 1 Put chia, raspberries, and blueberries in the mixer cup and blend until you have a thick mixture. Serve in a bowl.
- 2 Toast nibs in a skillet for a couple of minutes until they look bright brown, to boost cacao flavor. Sprinkle nibs over the bowl and add your favorite topping. Our suggestions: pineapple, tangerine, muesli, pistachios, and pollen.

# Chef's Notes

---

---

---

---

<https://cookinglovers.teka.com/es/receta/morning-bowl-con-fruta/>

**COOKING**  
**LOVERS** 