

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 handful
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/en/receta/morning-bowl-con-fruta/>

