



QimiQ VANTAGGI

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15



semplicement

INGREDIENTI PER 4

125 g QimiQ Classic,
120 g Fiocchi d'avena
60 g Amaranth
40 g Ssemi di lino
40 g Noci,
40 g Mandorle,
120 g Mele,
250 Succo di mele
2 Cannella
1 Zucchero vanigliato
40 g Zucchero a velo
250 g Yogurt naturale
1 Limone (Limoni),
50 g Uva passe
1 Banana (Banane),
100 g Fragole,
1 arancia (arancie),

PREPARAZIONE

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