



QimiQ VANTAGGI

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15



semplicement

INGREDIENTI PER 10

350 g QimiQ Classic,
300 g Fiocchi d'avena
150 g Amaranth
100 g Ssemi di lino
100 g Noci,
100 g Mandorle,
300 g Mele,
650 Succo di mele
4 Cannella
20 g Zucchero vanigliato
100 g Zucchero a velo
600 g Yogurt naturale
1 Limone (Limoni),
120 g Uva passe
3 Banana (Banane),
300 g Fragole,
3 arancia (arancie),

PREPARAZIONE

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