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23'



level 2



Breakfast

### Ingredients

1 apple  
1/2 banana  
1/2 tbsp coconut oil  
3 tbsp Ultra Mix Berries  
200 ml full-fat yoghurt  
with vanilla flavour

### Garnish with

1 tbsp chia seed  
1 tbsp hemp seed  
sweet nuts and seeds mix

## Fried apple & banana

### Preparation

1. Soak the berry mix in the yoghurt for at least 15 minutes.
2. In the meantime peel the apple and cut it into small pieces. Fry them in the coconut oil until light brown. Slice the banana and add it to the pan at the last minute.
3. Place the yoghurt mixture in a deep plate and cover with the warm apples and banana.
4. Sprinkle with chia seed, hemp seed and some sweet nuts and seeds mix.

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