



1 p



7'



level 1



Ingredients

8 dried strawberries
20 g dried mulberries
150 ml rice milk or coconut milk
2 mandarins
2 kakis
1 lime
2 tbsp yoghurt
2 tsp lucuma or baobab powder
1 tsp bee pollen
2 tsp cocoa powder
vanilla powder

Kaki & mandarin

Preparation

1. Place 8 dried strawberries and 20 g dried mulberries in a small bowl, pour in 150 ml rice milk or coconut milk and allow to steep overnight.
2. In the morning, peel 2 mandarins. Cut up the mandarins and 2 kakis.
3. Squeeze half a lime or a whole lime and add the juice to the fresh fruit and the superfruits soaked in rice milk or coconut milk.
4. Place everything in a blender with 2 tbsp yoghurt and mix until you have a smooth breakfast smoothie.
5. Decorate with 2 tsp lucuma or baobab powder, 1 tsp bee pollen, 2 tsp cocoa powder and vanilla powder to taste.

Hungry for more?

Find our delicious recipes on www.purasana.be or in our book **Become A Super Food Chef.**