

Healthy Breakfast

Preparation: 5 minutes

Ingredients

1 Banana, peeled 150 g
1 Orange, peeled 150 g
1 Apple, peeled 150 g
Joghurt, 0,1% fat 250 g

Peel the fruits and cut them in small pieces.



Add low-fat yoghurt. Look for 0,1% fat lean yoghurt



Prepare one litre can green tea.
You may drink it during the day.
It is refreshing even cold.

