

Personaltrainer- Hans Ottersbach

Here is the tip for a perfect breakfast:

60 gr rolled oats
150 gr berry mix
250 ml milk (either 1.5% fat or lactose-free milk)

Put the whole thing in a beaker or chopper and mix (hand blender) intensively and chop.

Depending on the desired consistency, the amount of milk can be varied somewhat.

Depending on your taste, a cup of coffee, tea or whatever suits your personal taste. Enjoy coffee and tea as unsweetened as possible.

Drink the mixture with pleasure.

This "drink" is the perfect start to the day.

- is very filling without "feeling of fullness"
- it lasts a long time
- is very healthy
- promotes healthy digestion
- does not burden the stomach or intestines
- contains a large part of the daily protein requirement
- provides approx. 70 mg magnesium

For people with gluten intolerance, take the oatmeal with the "Oats" seal with a crossed-out ear on the packaging

The following Kcal are included

150 gr berry mix 80 Kcal
60 gr oat flakes 194 Kcal
200 ml milk 1.5% 118 Kcal