

VINTERTIPS!!!!

TIPS FÖR ATT RENSA DIN KROPP OCH UNDVIKA FÖRKYLNING:

DRICK ETT GLASS LJUM VATTEN MED LITE CITRON JUICE NÄR DU VAKNAR UPP.

TIPS OM DU HAR SVÅRT ATT VAKNA UPP:

1 DROP ROSMARINUS OFFICINALIS CINEOLIFERUM + 1 DROP ORIGANUM MAJORANA (ETERISKA OLJOR) PÅ EN SÖCKER BIT. 3GGR I 5 DAGAR.

TIPS OM DU HAR INGA MOTIVATION:

2 DROPPAR LAURUS NOBILIS (ETERISKA OLJA) VID LUNCH OCH MIDDAG I 5 DAGAR.

TIPS TILL EN BRA FRUKOST:

BIRCHER MUESLI



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Serves: 4-6

Ingredients

- 150g rolled or quick oats
- 420 ml milk
- 60ml apple juice
- 3 tablespoons lemon juice
- 1 apple, cored and grated with the peel
- 1-2 tablespoons honey
- 375g plain yogurt
- A dash of cinnamon (optional)
- Toppings : your favorite fresh and/or dried fruit, nuts, toasted coconut, etc.
- Our favorites: blueberries, strawberries, raisins and hazelnuts

Instructions

1. Combine oats, milk, apple juice and lemon juice and **let sit overnight in the refrigerator**.
2. In the morning add the grated apple, honey (to taste), yogurt, and cinnamon, if desired, and mix well.
3. Top with your favorite fruits and nuts.

Notes

* If you are short on time in the mornings, you can add the grated apple the night before to save a few minutes.

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