

My favourite recipes



BREAKFAST

Wheat bran porridge smoothie

Ingredients

- 1 Apple
- 1 Banana
- 200 g Milk
- 50 g Water
- 50 g [SchapfenMühle oat flakes small or spelt flakes](#)
- 15 g Raisins
- 10 g [SchapfenMühle wheat bran](#)

Preparation

- Wash the apple, remove the core and cut into large pieces.
- Peel the banana and cut into large pieces.
- Place all the ingredients in a blender and mix vigorously.

TIP

- If you like the smoothie to be more liquid, you can dilute it with milk or water.

Notes:

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**We hope you enjoy
the preparation!**