My favourite recipes

BREAKFAST

Wheat germ and orange buttermilk

Ingredients

- 8 Oranges
- 500 g Buttermilk
- 40 g SchapfenMühle wheat germ

Preparation

Squeeze the oranges.

Mix the orange juice with buttermilk and wheat germ and stir well.

TIP

When served chilled, the wheat germ orange buttermilk tastes particularly delicious! If you do not have fresh oranges to hand, you can also use half a litre of orange juice.

Notes

We hope you enjoy the preparation!

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