

Chocolate Granola Yoghurt Bowl & Immunebooster-Cocktail¹

2 servings

🕒 30 minutes

● ● level of difficulty

Ingredients

For the granola:

300 g rolled oats
50 g pumpkin seeds
100 g almonds
75 g quinoa (uncooked)
3 tsp chia seeds
4 tbsp cocoa powder
80 g coconut oil (melted)
70 g honey or maple syrup

For the immune-booster-cocktail:¹

juice from 2 oranges
250 ml pineapple juice
juice from ½ lemon or lime
1 tsp turmeric

2 sachets **spermidine**LIFE® **Original Pro+**

to serve (2 Bowls):

500 g yoghurt, 1 banana & frozen berries
or 100 g banana chips & milk(alternative)

Preparation

For the granola, mix all the dry ingredients in a large bowl. Add the melted coconut oil and honey/maple syrup and mix to a sticky consistency. Pour the mixture onto a baking tray lined with baking paper and bake in a preheated oven at 160 °C (hot air) for around 20-25 minutes until crispy. Turn the granola over halfway through the baking time. Leave to cool on the tray and then pour into a jar.

For the juice, mix the orange juice with the pineapple juice and lemon juice, stir in the turmeric powder and pour into two glasses. Stir one sachet of **spermidine**LIFE® into each glass.

To serve, divide the yoghurt between two bowls and serve each with half a banana, frozen berries and granola. Alternatively, divide the granola and banana chips between two bowls and fill up with milk.

¹ Vitamin C and zinc support the normal function of the immune system.

