www.moji-recepti.net

Recipe:
Spelt flakes with fruit and cottage cheese



Ingridients:
1 x handful of buckwheat flakes
1/2 x apple
1/2 x pear
1 x spoonful of cottage cheese

Difficulty:

General description and procedure:

- Put the semolina flakes in water and boil them for about 15 minutes.
- Peel and grate the apple.
- Peel the pear and cut it into smaller pieces, which we mash.
- Add a teaspoon of curd albumin to suitably cooled boiled millet flakes and fruit and serve.