



[www.moji-recepti.net](http://www.moji-recepti.net)

## Recipe:

Spelt flakes with fruit and cottage cheese

## Ingredients:

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.