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**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.