

Protein Fruit Bowls

Serves 4

What you need to do

For the mango bowl:

7 oz. (200g) natural quark

¼ mango, chopped

1 tbsp. granola

For the strawberry bowl:

7 oz. (200g) natural quark

5 strawberries, halved

½ banana, sliced

1 tbsp. coconut chips

1. Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	250	4	30	25

*Nutrition per serving

