

**If there isn't,
I'm out of luck
- A protein-
rich forest muesli miracle**

Sometimes you just need an injection of energy and protein in the middle of life itself. This small break in the middle of a day of work or studies is an opportunity to recover for a moment. The dark colors of the berries indicate that they contain substances that help the body's immune system. So do yourself a personal favor and take a meal with you wherever you go and no matter what time it is. The play of granola-yogurt textures is a wonder.

Leary: "Flax seeds contain omega-3 fatty acid that can help the ability to concentrate and think and therefore upgrade the wonder of yogurt. Just saying."



Yogurt stirrer: Classic lassi like Burnasi

Lassi is basically an Indian yogurt shake, it's spicier, it's thick and it's just delicious. So why should I have Lassie Lassie? Because the way it is prepared best preserves the nutritional values, vitamins and fiber in fruits and vegetables, it has all the probiotics in yogurt. And besides, it's so delicious, the official refresher of the summer, certainly when walking around with moisturizing masks. For me, Lassi is a boost of vitamins and energy instead of breakfast, of course when it's hot.

Lisa panels



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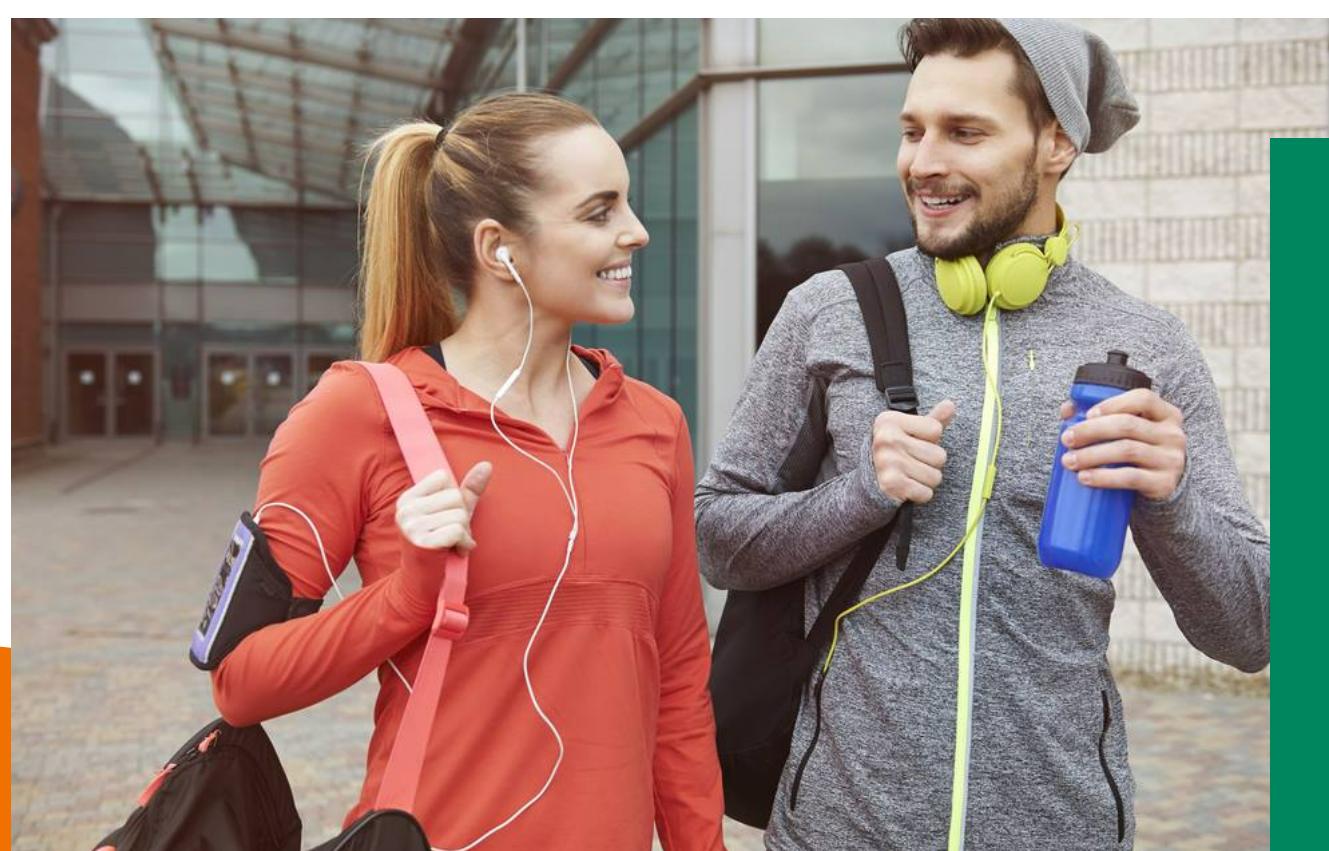
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