



Recipe #1

1)

Roasted healthy whole grain bread

- 1 slice of whole grain bread (25g)
- 20g. Healthy Spread Chocolate
- 50g. pumpkin mash
- 1 cup skimmed milk
- 1 tsp honey

1 tsp pistachio

pro. 13.5g carb 47g fats 8.5g 320kcal