

NUT-FRUIT-MIX

WHEN IT HAS TO BE QUICK

I. Your work tasks are not yet completed and you are heading for an energy low? We have a quick and tasty solution for you!

II. Create your own nut and fruit mix from different nuts and dried fruit.

III. Eat a handful of them as a snack between meals.

TIP: Always have a small supply of brainfood-snacks at home, such as fresh fruit and vegetables, natural yoghurt and oatmeal. This way you can quickly and easily prepare a healthy snack.

INGREDIENTS:

Almonds

Walnuts

Goji berries

Hazelnuts

Dates

Raisins



Preparation time: 0min

