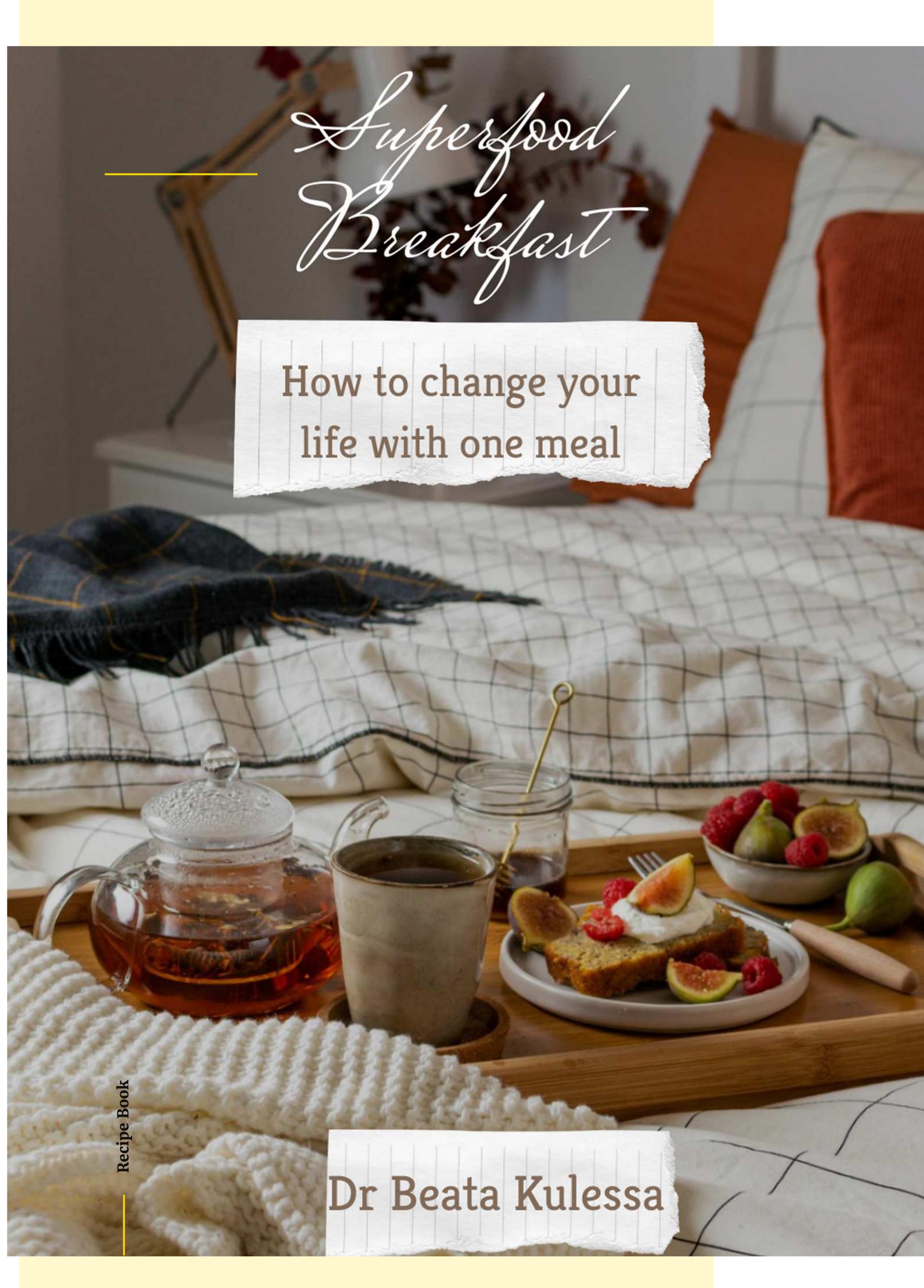
#### Bestseller Recipe Book



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#### Bestseller Recipe Book

### Superfood breakfasts

# How to change your life with one meal.

#### Dr Beata Kulessa

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The author of e-books is Dr. Beata Kulessa, a healthy lifestyle enthusiast and experienced nutrition consultant, who is dedicated to promoting healthy eating and sharing her knowledge on the impact of food on our well-being. Her e-books are not just a collection of recipes, but also provide inspiring tips on taking care of yourself through the kitchen.



If you are looking for healthy and delicious dishes that will spice up your life, then this e-book is perfect for you. It is the ideal solution for those who want to incorporate more nutrients into their diet and transition to a healthier lifestyle.

Trust the professional and get a series of ebooks on nutrition
"Superfood" today! Scan the QR code and see where you can
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I dedicate this book to you

Why is it worth reading this book?

An inspiring morning meal.

**Healthy Morning Boost** 

Happy summer bowl of taste

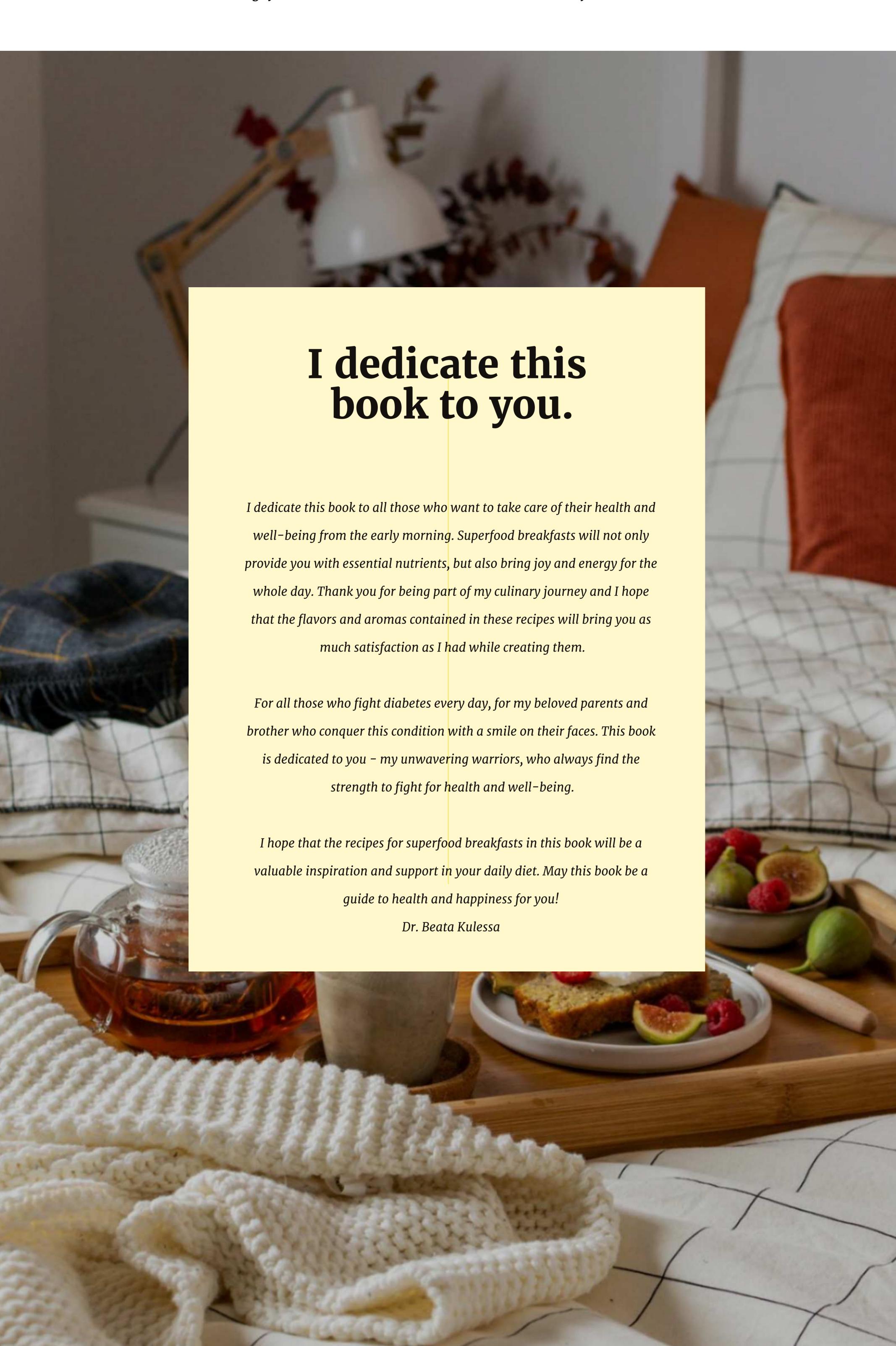
**Boost Meal Kickstarter** 

**Vibrant Sunrise Wellness** 

The Power of Superfoods How they Revitalize

**Your Mornings** 

**Bibliography** 



## Happy

bowl of taste

#### Ingredients

summer

1/2 cup of oats

- · 1 cup of plant-based milk (e.g. almond, coconut) ·
- 1 tablespoon of chia seeds ·
- 1 tablespoon of honey or maple syrup ·
- a handful of favorite fruits (e.g. berries,
- strawberries, bananas) ·
- a handful of nuts or seeds (e.g. hazelnuts, pumpkin seeds)

#### Instruction

- 1. Put oat flakes into a bowl, pour in plant-based milk and add chia seeds. Mix and let it sit for about 10 minutes for the flakes to absorb the liquid.
- 2. Add honey or maple syrup and your favorite fruits.
- 3. Sprinkle with nuts or seeds.
- 4. You can also add a bit of cinnamon or vanilla for extra flavor. Your superfood breakfast is ready to eat!

  Ready!

You can serve immediately or chill in the fridge for the next day.

Enjoy!

It's good to prepare this dish in the evening so that it's ready to eat in the morning. Superfood ingredients such as chia oatmeal, favorite fruits and nuts will give you energy for the whole day!

You can also experiment with additional ingredients, such as hemp seeds, granola or coconut pulp to add excitement.

