

# SUPER BOWL

*for a good morning*

## YOU NEED:

- ½ cup of buckwheat porridge
- 2 tablespoons of **Chia Wild Blueberry Ironberry powder**
  - 1 tablespoon of Goji berries
    - 2 dates
    - 1 banana
  - 1 grated apple (or any other seasonal fruit)
    - 2 dcl of coconut yoghurt
  - 1 teaspoon of **Wild Blueberry Ironberry powder**
- ¼ cup of roasted and chopped hazelnuts
- 1 tablespoon of **Ironberry maple syrup**



**Soak** the buckwheat porridge.

**Rinse** it and add **Chia Wild Blueberry powder**.

**Wait** for the ingredients to settle.

**Soak** the dates and Goji berries for a few minutes.

**Remove** the pits and **finely chop** the dates.

**Roast** the hazelnuts and **sprinkle** them on top

## ADVICE

Let the porridge soak through the night.  
Mix well before eating.

