

Healthy snacks - Pappilan hätävara

This recipe saves your day when you get surprising guests :)



Recipe for 4-5 person

1 dl vanilla sauce whipped

½-1 dl natural yoghurt

6 pcs oat cookies

1½ dl berries

2 tbl jam

1. Crumble the cookies in a plastic bag and put them in to the dessert bowls.
2. Spread jam over the cookies
3. Whip the vanilla sauce and mix it with yoghurt. Add onto jam.
4. Drop the berries on top of everything.

Healthy snacks

Berry smoothie

Recipe for 4-5 person

2-3 dl berries (blueberries and strawberries)

4-5 dl natural yogurt

½ dl oat bran or oat flakes

2-3 tbs sugar / honey or ½ banana

Mix all together with blender or stick blender

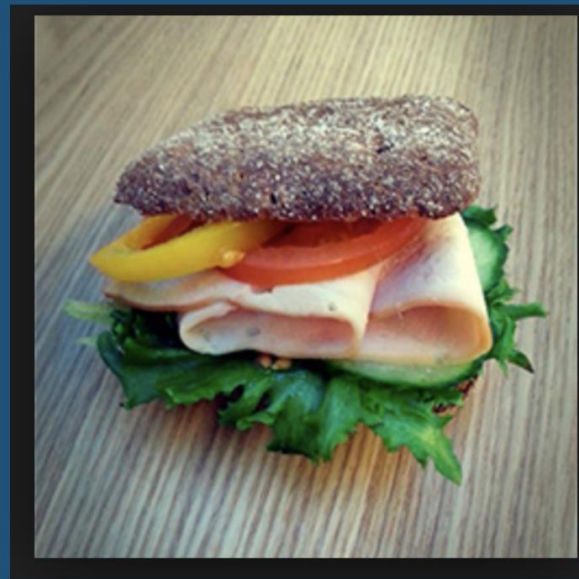
ENJOY!



Healthy snack -

Filled rye bread

Rye bread - Finlands national food



What is your opinion?

Is a bread healthy snack?