

# 3<sup>rd</sup> healthy breakfast

## Homeland colours

(with freshly squeezed lemon juice to make lemonade)

### Ingredients:

(white cubes)

4 dcl milk

2 spoons honey

4 spoons of semolina/corn semolina/polenta/quinoa (depending on the region or country)

3 spoons of coconut flour

(red/green cubes)

4 dcl milk

2 spoons honey

4 spoons of semolina/corn semolina/polenta/quinoa (depending on the region or country)

3 spoons of coconut flour

Colouring: use food colourings or fruit juice that is intense enough to colour the cubes in your country flag colours or coat of arms (beetroot juice, amarena juice, cocoa powder to darken the nuances of red for some of the countries)

\*add any type of nuts as well (almonds, walnuts, hazelnuts, chestnuts..) to your liking

### Instructions:

1) Put the milk and honey to the boil and add semolina. Stir it until it cooks.

2) Add coconut flour (and nuts) in the hot semolina. Pour into the square shaped baking tray with cake paper on the bottom.

3) Repeat everything with the other amount of milk, honey, semolina, coconut and nuts – in this case add the colourings and/or chocolate when it cools down a bit. Pour into the tray in the same way as the white semolina.

4) When both semolina trays are cooled down put them into the fridge for a while to cut the cubes with ease.

5) Use the cubes to make a flag or the coat of arms.

6) Squeeze the lemons and make lemonade. Add agave syrup, honey or maple syrup to sweeten the drink, or serve unsweetened.

Enjoy!



Erasmus +

