

Whole Crepes

Ingredients:

- 1- Oatmeal drink
- 2- Whole flour
- 3- Two ecologic eggs
- 4- A tablespoon of vanilla flavor
- 5- ½ Tablespoon of cinnamon
- 6- Oil

Topping: Raspberry, Strawberry, Blackberry.

Procedure:

1. Mix all ingredients with a beater until all ingredients are crushed. And then put it in a bowl.
2. Put oil in the frying pan and put the dough on it.
3. When the crepe takes toasted color, now you can turn the crepe.
4. Wait for 3 minutes and you can serve in a dish with the raspberry, strawberry and blackberry.

Accompaniment:

Whole Smoothie

Ingredients:

- 1· 600 g of milk
- 2· 500 g of banana
- 3· 30 g of honey
- 4· 2 tablespoons of cinnamon

Procedure:

1. Put all the ingredients in a blender and mix for a minute.
2. If you like dried fruit you can decorate the smoothie.

Enjoy :)