

COLD BREAKFAST BOWLS

POWER BOWL
BWL.POWER

OVERNIGHT OATS
4 scoops



BLUEBERRIES
8 pcs.



BANANA
1 pc.



ALMOND BUTTER
5 sec. swirl



YOGHURT BOWL
BWL.YOG

YOGHURT
4 scoops



GRANOLA
1 cup



BLUEBERRIES
8 pcs.



PASSION FRUIT
1 pc.



HONEY
6 swings



GUT START BOWL
BWL.GUT

KEFIR CHIA
4 scoops



GRANOLA
1 cup



BLUEBERRIES
8 pcs.



KIWI
2 pcs.



PASSION FRUIT
1 pc.



KEFIR CHIA PREP

WE DO IT BY FOLLOWING STEPS:

1. Add 1 carton of kefir to 1/6 canteen
2. Pour 1 grey cup (75g) of Chia Seeds into canteen. Stir Immediately
3. Place a lid and wait 2-5 minutes
4. After 2-5 minutes, stir one more time thoroughly, before placing a day sticker on the canteen lid
5. Store overnight in fridge

Shelf Life: 48 hours

