

PROTEIN FRUIT BOWLS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
250 kcal
4g Fats
30g Carbs
25g Protein



WHAT YOU NEED

For the Mango Bowl:

- 7 oz. (200g) natural quark
- ¼ mango, chopped
- 1 tbsp. granola

For the Strawberry Bowl:

- 7 oz. (200g) natural quark
- 5 strawberries, halved
- ½ banana, sliced
- 1 tbsp. coconut chips

WHAT YOU NEED TO DO

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.

Lose It & Love It

NUTRITION MATTERS