



# *Rise and Glow!*

## *Volume 1*

**Cashew Yoghurt with Fruit**

**Mesquite „Good Morning“ Milk**

**Apple Cinnamon Porridge**

**Smoothie Tropicana**

**Spelt Buns with Strawberry Mascarpone**

**Mandarin Tartelettes**

**Pear Pancakes with Apple Sauce and Vanilla Cream**

**Apricot Spelt Buns**

**Autumn Chia Apple Porridge**

**Vanilla Mesquite Waffles**

**Green Superfood Smoothie**

**Vanilla Horchata**

**Coconut Pancakes with Vanilla Whipped Cream and Blueberry Sauce**

**Exotic Pudding with Carob Chocolate**

**Cream Cheese Turnovers**

**Banana Carob Yoghurt**

**Goji Berry Muffins**

**Apple Pockets**

**Carob and Mango Parfait**

**Biscotti**

**Strawberry Mint Shake**

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