



CRUNCHY MUESLI WITH FRUIT

15 min Leicht

INGREDIENTS (FOR 4 PERSONS)

1 mango
150 g strawberries
120 g grapes, red and green
1-2 TBSP honey
150 g MinusL Quark preparation low-fat
250 g MinusL Yoghurt mild
100 g muesli mix, e.g. with pistachio nuts, hazelnuts,
puffed rice

PREPARATION

Peel the mango with a sharp knife and cut the flesh from the stone. Put aside 4 nice slices for garnishing, roughly dice the remaining flesh.

Rinse the strawberries clean and cut into pieces. Halve two strawberries with their green tops and also set aside for garnishing. Wash both grape varieties and cut in half.

Mix the fruit and sweeten with honey. Mix the quark with the yoghurt.

Distribute the fruit in four glasses and cover with the yoghurt quark. Scatter the muesli on top and garnish with the strawberries and mango.