

# C.A.D.A Breakfast

Serves 3 - 4 people

This Recipe of The Week will start your day with a feeling of health, well-being and energy. Quick and simple to ease the stress of our early morning madness.

## Ingredients

40g Coconut - Fresh (in chunks not more than 2cm big)  
40g Almonds - Raw  
40g Pitted Dates  
1 Apple Quartered

## Method

- Weigh all ingredients into TM bowl.
- Set Dial to **closed lid position/turbo 2 – 3 times** – 1 second each time.
- Serve with fresh yoghurt and additional fruit as desired.


## Chef's Tips

- Layer mixture into sundae glasses with layers of natural yoghurt, CADA, and muesli. Honey may also be added for a little more sweetness.
- Quantities of ingredients may be changed to suite personal tastes. E.g., more dates will give a sweeter mixture.
- Texture may be changed to suit personal preference by pressing turbo button more or less.
- For those really mad mornings, after chopping add 100ml liquid like apple juice, water and ice or yoghurt and blend 1 min/speed 8 to make into a smoothie to drink on your way to work.

*Recipe from A Taste of Vegetarian*



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