

UTENSILS AND INGREDIENTS

Cold-pressed organic flaxseed oil

Flaxseeds

Cottage cheese or quark – 2% fat content or less

Fresh milk (semi-skimmed or skimmed)

Honey

Fresh berries

Coffee grinder

Hand blender

PREPARATION

Take 2 tablespoons of fresh milk

Mix with 3 tablespoons of flaxseed oil

1 tablespoon of honey

Use a blender to mix the ingredients above while slowly adding 2 tablespoons at a time of the 6 tablespoons of cottage cheese or quark for 1 minute.

Grind 2 tablespoons of whole flaxseeds.

Pour 1 teaspoon of honey over them in a bowl

Add berries or fruit that is in season (Optional)

Then add the Budwig cream to the bowl.