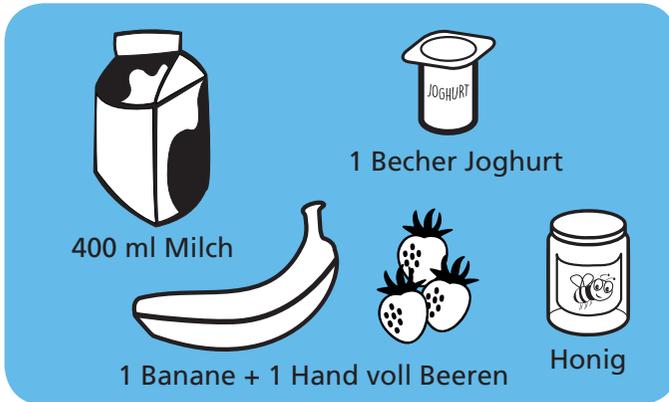
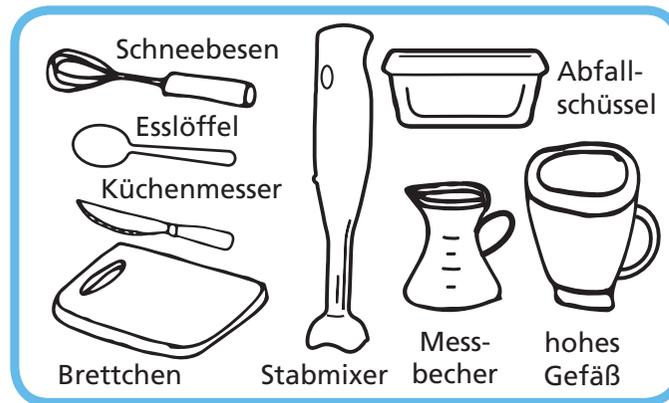


# Lassi mit Obst

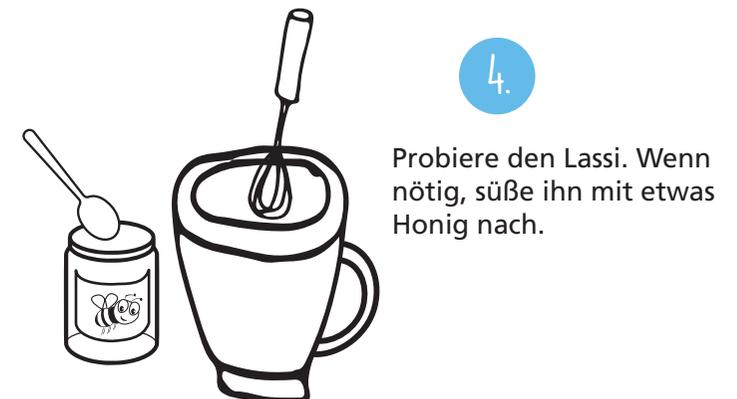
## ZUTATEN FÜR 4 PORTIONEN:



## ARBEITSGERÄTE:

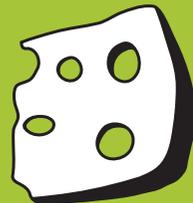


## ZUBEREITUNG:



# Gemüse-Käse-Spieße

## ZUTATEN FÜR 4 PORTIONEN:



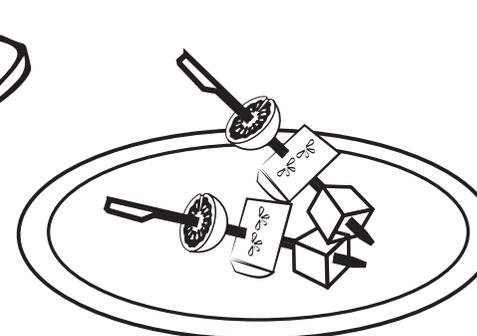
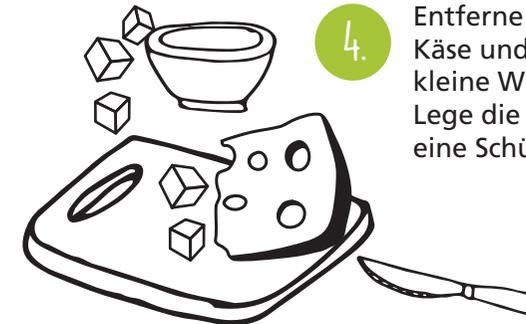
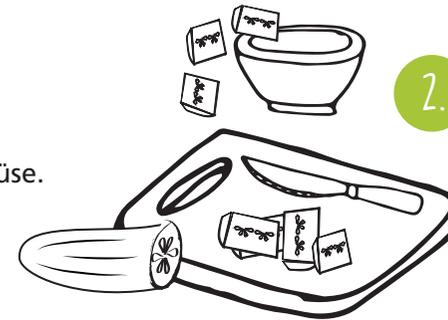
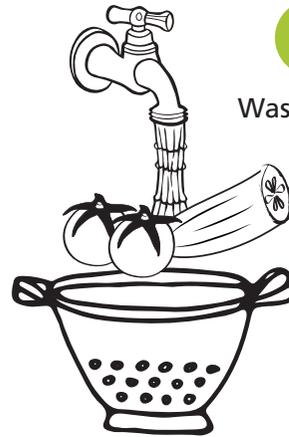
## ARBEITSGERÄTE:



Küchenmesser



## ZUBEREITUNG:



# Apfel-Bananen-Müsli

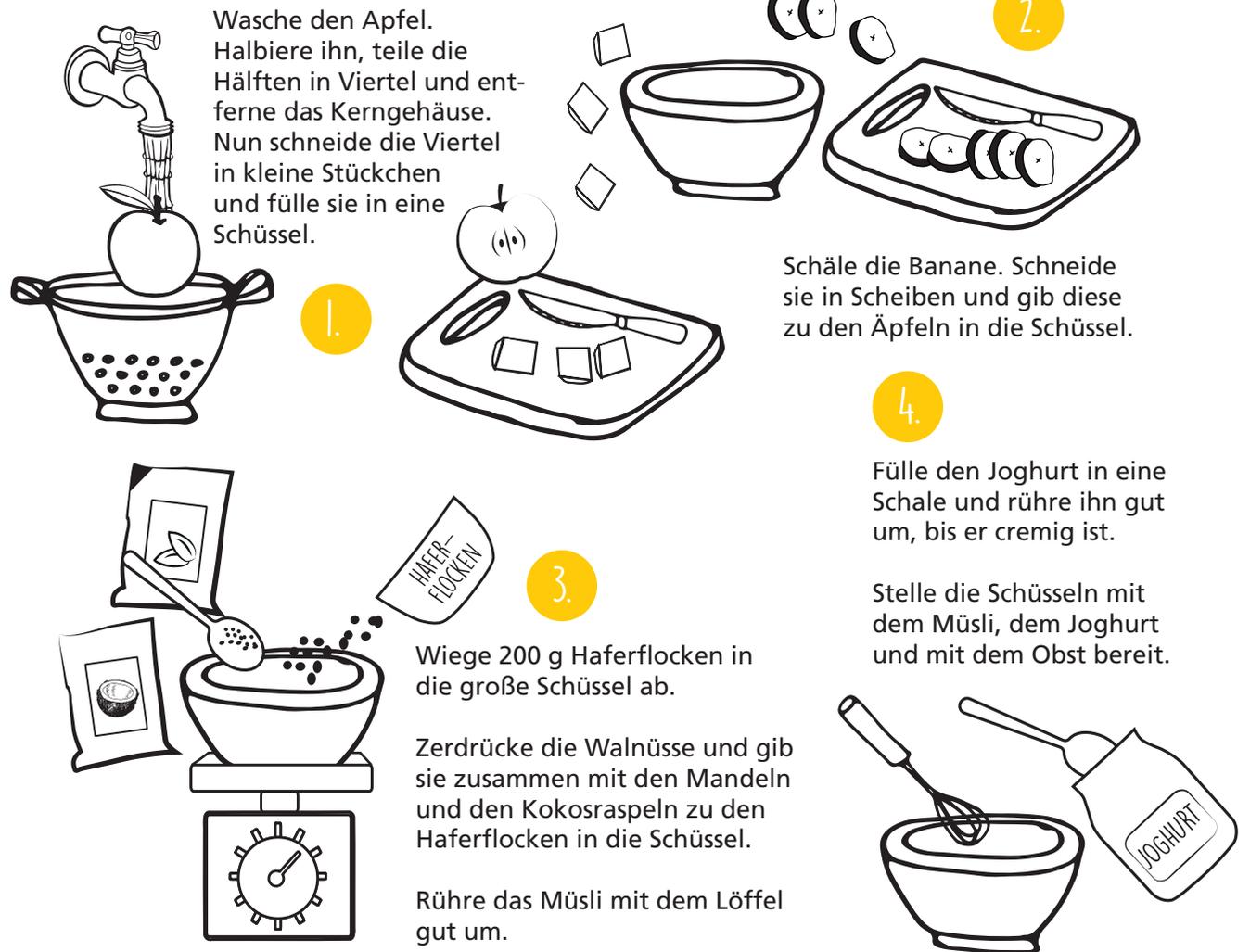
## ZUTATEN FÜR 4 PORTIONEN:



## ARBEITSGERÄTE:



## ZUBEREITUNG:



# Zebra-Brote

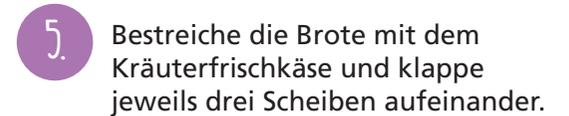
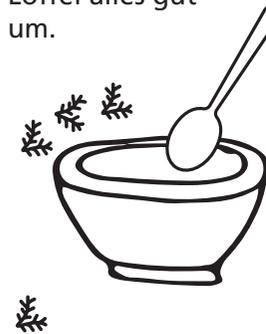
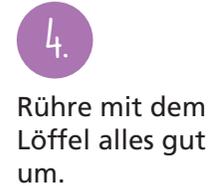
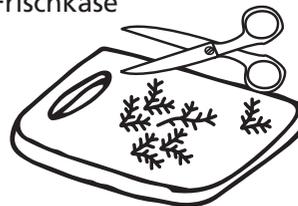
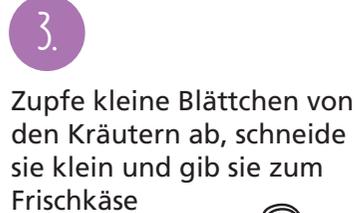
## ZUTATEN FÜR 4 PORTIONEN:



## ARBEITSGERÄTE:

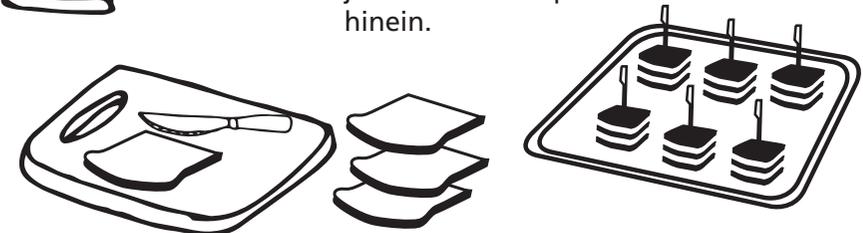


## ZUBEREITUNG:

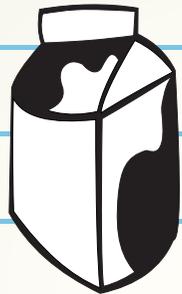


Schneide die Brottürme mit dem Messer in jeweils 6 Stücke.

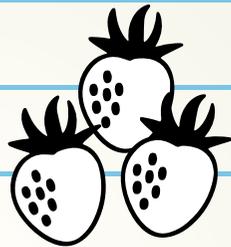
Richte die Brotwürfel auf dem Tablett an und stecke jeweils ein Holzspieß hinein.



# Lassi mit Obst



1 L MILCH



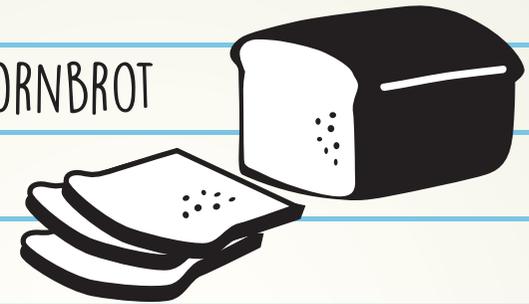
BEEREN



1 BECHER JOGHURT

# Zebra-Brote

VOLLKORNBROT



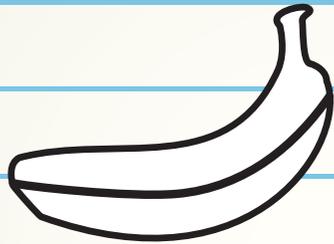
FRISCHE KRÄUTER, WIE  
SCHNITTLAUCH, PETERSILIE,  
KRESSE



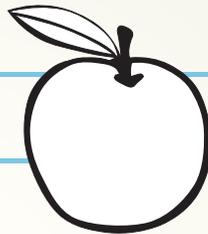
1 PACKUNG  
FRISCHKÄSE



# Apfel-Bananen-Müsli



1 BANANE

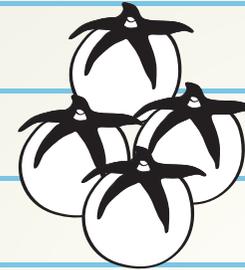


1 APFEL



1 GLAS JOGHURT

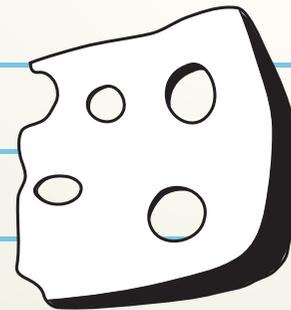
# Gemüse-Käse-Spieße



6 KIRSCHTOMATEN



1 GURKE



CA. 400 G GOUDA