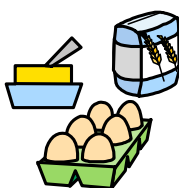


Strawberry



Crunch



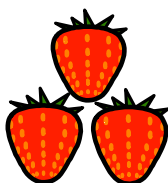
Ingredients

150

150



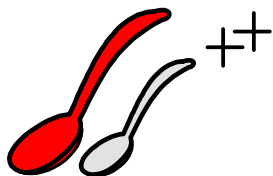
grams



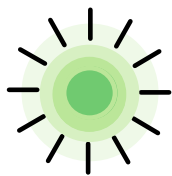
strawberries

4

4



tablespoons



fresh



orange juice

50

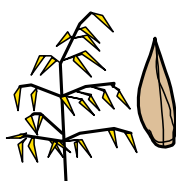
50



grams



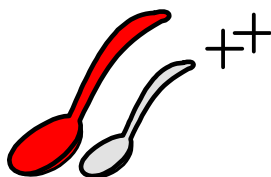
porridge



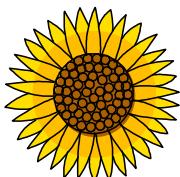
oats

3

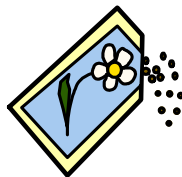
3



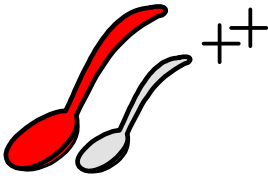

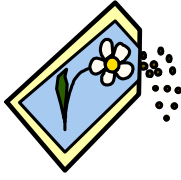
tablespoons

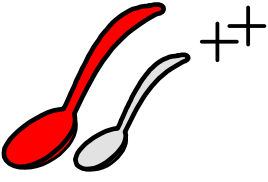




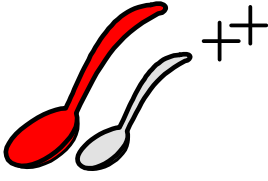



sunflower

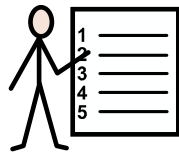


seeds



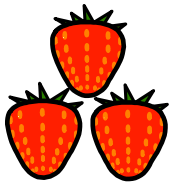
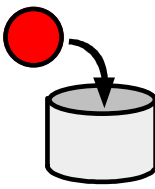
3  ++  
3 tablespoons pumpkin seeds






2 - **3**  ++  
2 - 3 tablespoons runny honey



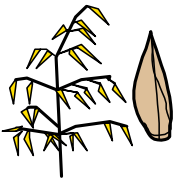
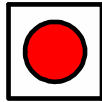


8  ++   
8 tablespoons thick natural yoghurt

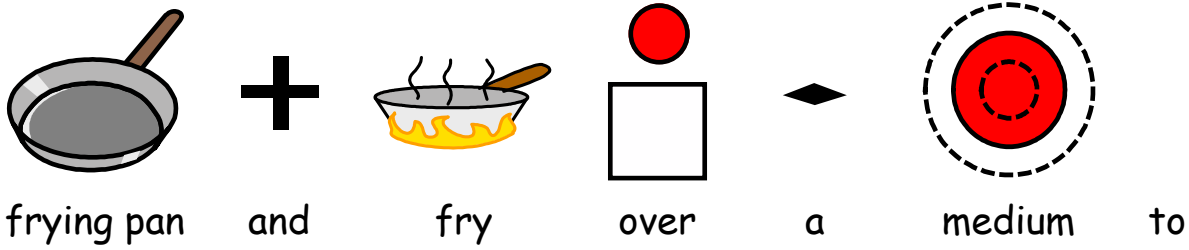


METHOD

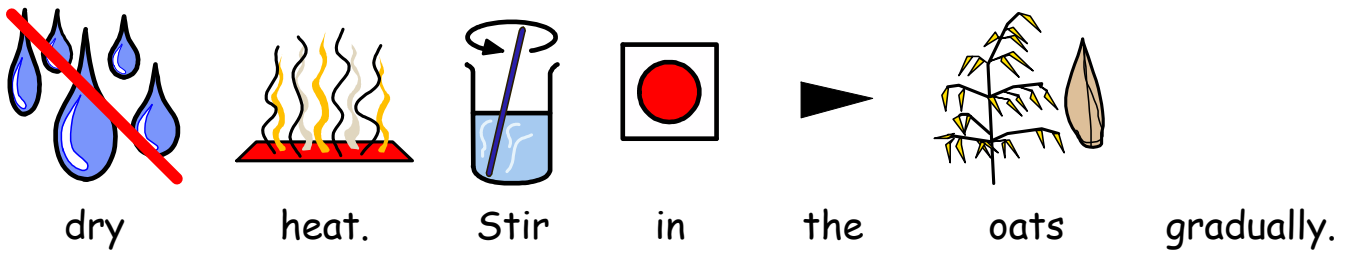
1  +   - 
1. Wash and slice strawberries - put in

  +   
a bowl and add the orange juice

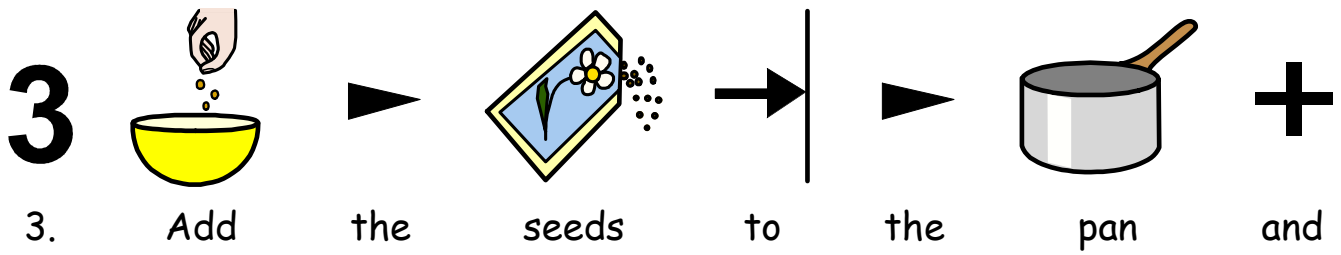
2      
2. Put the oats in a dry



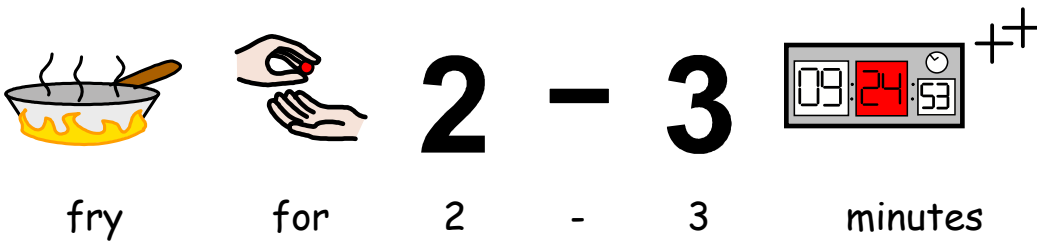
frying pan and fry over a medium to



dry heat. Stir in the oats gradually.



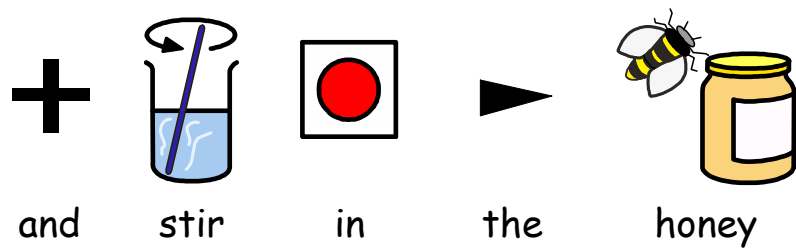
3. Add the seeds to the pan and



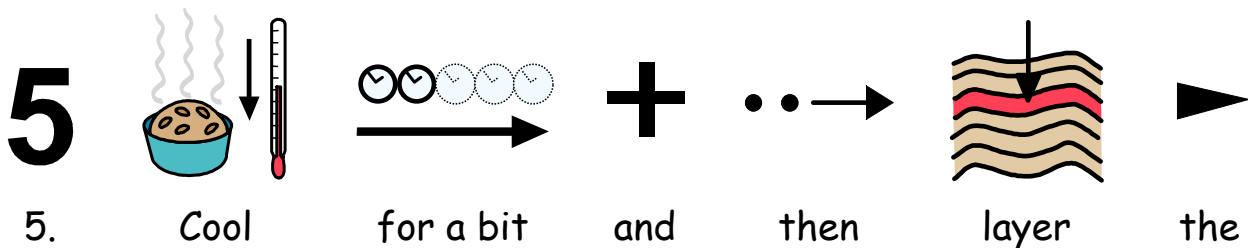
fry for 2 - 3 minutes



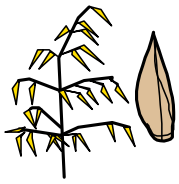
4. Remove the pan from the heat



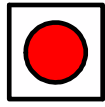
and stir in the honey



5. Cool for a bit and then layer the



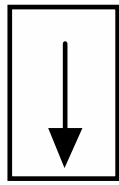
oats



in



the



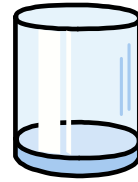
bottom



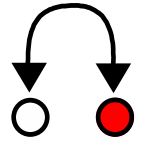
of



a



glass



or



dish

6

6.



Add



some



yoghurt



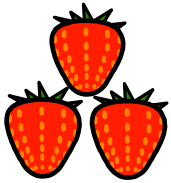
and



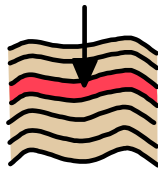
add



some



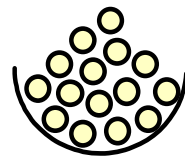
strawberries.



Layer



up



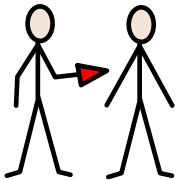
as many



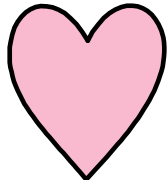
times



as



you



like .