

## Lactose-free breakfast with pear, banana, spinach, blueberry, pineapple, yoghurt and muesli



### Ingredients

- 400 g Pur Natur lactose-free yoghurt
- 200 g pineapple
- 1 banana
- 1 pear
- handful of spinach
- 3 tbsp blueberries
- 2 tbsp honey
- 1 kiwi

### Instructions

Dice the pineapple and mix in a blender, together with the yoghurt, banana, and honey. Next, create a smoothie using the pear, spinach, kiwi, and blueberries. Pour both smoothies into the same bowl. Serve with the muesli.