



FUTURELIFE® BRAN FLAKES GOES NUTS

INGREDIENTS:

- ½ cup FUTURELIFE® Bran Flakes
- 1 cup low-fat milk or ½ cup yoghurt
- 5 pecan nuts
- 1 tablespoon almond flakes
- 1 teaspoon sunflower seeds
- 1 teaspoon pumpkin seeds
- 1 sachet HOWARU® Premium Probiotics



METHOD:

1. Add all the ingredients into one bowl, sprinkle over nuts.
2. Enjoy a bowl filled with, prebiotics, probiotics and omegas. The perfect way to start your day!