

**BASIC RECIPE FOR BREAKFAST FOAM
without bread****Preparation:**

Blend all the ingredients to a very fine puree, with the exception of the SPUMA instant, then strain through a sieve. Stir in the SPUMA instant then pour the mixture into a 0.5 l cream whipper. Foam up with 1-2 chargers and shake well. Leave to stand for 5-10 minutes before serving.

Kitchen tips: A tasty spread for our BIOZOON - SMOOTHBROT (Art.-Nr. 6064/6065)!

Recommendation:

The recipe is especially suitable for whipping in a food processor with a whisk when larger quantities are needed. Simply whip the mixture for approx. 15 minutes then portion into dessert glasses.

Variations:

Substitute the same quantity of jam with another spread, e.g. peanut butter, honey, Nutella, etc.

Ingredients Basic Recipe

200 ml	Cream, 30%
250 ml	Milk, 3.5%
70 g	Apricot jam
40 g	Sugar
8 g*	SPUMA instant

* 1 measuring spoon = 4 g



Seniervorschlag

Nutrition facts per 100 g	
Energy/ Calories	716 kJ/ 171 kcal
Fat Of which saturates	12.7 g 7.7 g
Carbohydrates Of which sugars	11.7 g 11.5 g
Fibre	0.9 g
Protein	2.3 g
Salt	< 0.1 g