

**MUESLI FOAM**  
*with fruit***Preparation:**

Blend all the ingredients to a very fine puree then strain through a sieve. Stir in the SPUMA instant then pour the mixture into a 0.5 l cream whipper. Foam up with 2 chargers and shake well. After 5-10 minutes, spray the foam into dessert glasses.

**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.

Ingredients	Muesli Foam
50 g	Oranges
50 g	Apples
50 g	Bananas
100 ml	Cream, 30%
250 ml	Milk, 3.5%
100 g	Full-milk yoghurt, 3.5%
30 g	Honey
20 g	Oat flakes
20 g	Roasted hazel nuts
8 g*	SPUMA instant

\* 1 measuring spoon = 4 g



Serviervorschlag

Nutrition facts per 100 g	
Energy/ Calories	585 kJ/ 140 kcal
Fat Of which saturates	8.7 g 4.2 g
Carbohydrates Of which sugars	11.2 g 9.1 g
Fibre	1.7 g
Protein	3.2 g
Salt	< 0.1 g