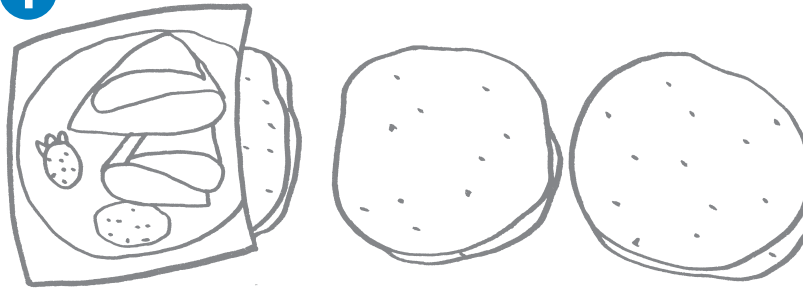


Preparing with Elk

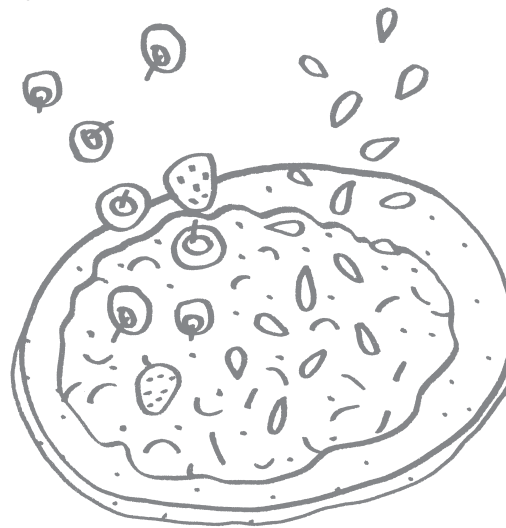
SWEET PANCAKE SNACK



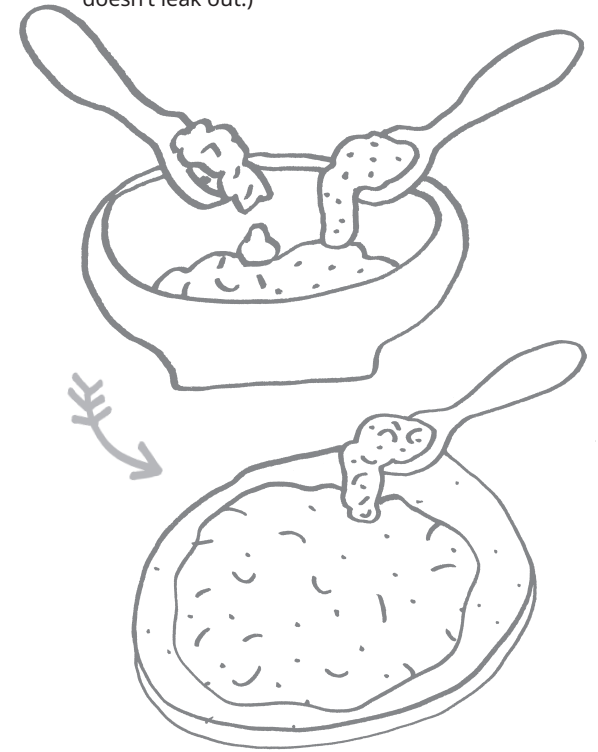
1 Defrost the pancakes.



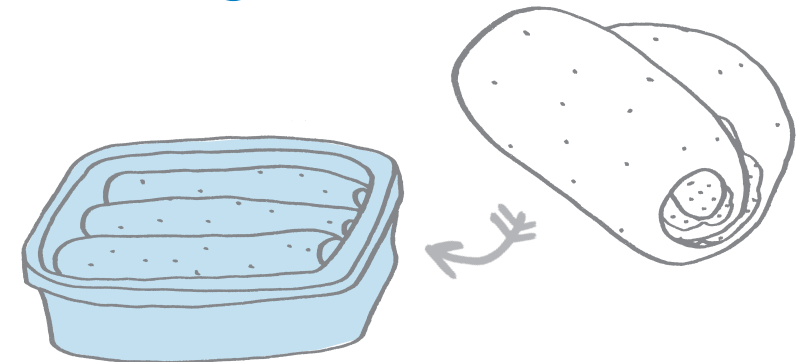
3 Sprinkle with sunflower seeds and seasonal berries.



2 Mix the cottage cheese with a few tea-spoons of the jam and spread the mixture on the pancakes. (Not all the way to the edges, so that the filling doesn't leak out.)



4 Wrap the pancakes and put them in your snack box.



5 Do not forget to take the snack to school. It will be yummy!

May be useful:

ISTAD
Resealable bag



IKEA 365+
Food container with lid

