

Preparing with Elk

THE BEST SNACKS



You will need:

Honey, jam
or marmelade

Muesli, granola,
or corn flakes

Nuts

White yoghurt,
possibly also
cottage cheese

Fresh fruit



DAGKLAR
Jar with insert

SNACK WITH CRUNCHY GRANOLA



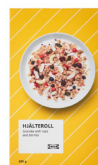
1 In a screw-top jar, mix a few tablespoons of yogurt and cottage cheese and add a handful of fresh fruit (blueberries, raspberries, blackberries).



2 Pour the granola (or corn flakes) into the small metal container where the contents will stay crunchy until you add them to the jar and stir.



3 Place the metal container in the jar and close it with the lid.

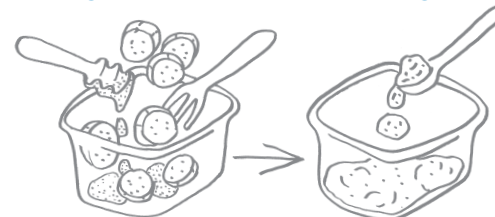


HJÄLTEROLL
Muesli with
dried berries



IKEA 365+
Food container
with lid

HONEY-BANANA TEMPTATION



1 Mash half a banana directly in the container with a fork, then mix it with honey and yogurt.



2 Add a few grapes, chopped nuts and cereal flakes and close the container carefully.



3 In the next container, prepare a small snack for another break. For example, chopped radishes, carrots or cucumbers.



HJÄLTEROLL
Granola with nuts
and dried berries



KORKEN
Jar with lid

STRAWBERRY CUP



1 Put a few spoonfuls of cereal flakes on the bottom of the jar, add a spoonful of orange and elderflower marmelade and a few spoonfuls of yoghurt on top.



2 Add sliced strawberries and close the jar.



MARMELAD APELSIN & FLÄDER
Orange- and
elderflower
marmalade, organic