



CADA (4 INGREDIENT MUESLI) (TM7, TM6, TM5, TM31)

⏱ 5 min. ⌚ 10 min. 🌱 easy 🍴 4 portions

INGREDIENTS

40 g fresh coconut flesh (see Tips)
40 g raw almonds (see Tips)
40 g pitted dates (see Tips)
1 apple of choice, cored and cut into quarters

USEFUL ITEMS

airtight container

THERMOMIX PARTS

measuring cup

KITCHEN EQUIPMENT

refrigerator

Preparation

1. Place all ingredients into mixing bowl and **Turbo/1 sec/2-3 times**, until desired consistency. Serve immediately, as desired or transfer into an airtight container and place in the fridge until ready to serve (see Tips).

TIPS

- You can replace fresh coconut with desiccated coconut, if desired.
- You can replace almonds and dates with dried fruits and nuts of choice.
- CADA will keep in an airtight container in the fridge for up to 3 days.
- Serve CADA on its own or with yoghurt and extra fresh fruit of choice.