

ENERGY BRUNCH

🕒 20 min 🍳 Medium

MATERIALS

Taza Espresso (80 Ml)
Espumador De Leche Aeroccino
O La Boquilla De Vapor De Su
Máquina Nespresso

RECOMMENDED NESPRESSO COFFEES



INGREDIENTS

Cápsula De Grand Cru Ristretto
Milk
Peach Juice
Greek Yogurt
Chocolate Cereals
Cookies With Nuts And Honey
Spanish Omelet
Minisandwiches Of Majorcan
Sausage And Cheese
Rice Pudding And Cinnamon

INSPIRATIONS



HOW TO MAKE !

When it comes to start the day with energy, we must choose foods that will give us that additional thrust without forgetting the corresponding supply of vitamins, proteins, etc

- that our body needs
- Of course, the coffee must be intense for awaken the senses and put our brains underway
- Peach juice adds more energy than the classic orange and plenty vitamins