Always good breakfast bowl

Description

This is my lazy breakfast, since it is done in 2 minutes. Main ingredient: yoghurt. And just add any fruit, seed, muesli, supplement you want. Easy breezy.

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Ingredients

- Yoghurt (i like turkish)
- Muesli
- Coconut flakes
- Flex seed
- Blueberries
- Banana
- Any healthy supplement

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