

QUICK & HEALTHY BREAKFAST IN A GLASS



This delicious breakfast in a glass is quick & easy to prepare. Adding in the honeycomb helps boost your energy in the morning as it is a great natural source.

INGREDIENTS

- My Dad's Honey Certified Organic Honeycomb
- My Dad's Honey Certified Organic Honey, to taste
- Choice of Yogurt
- Choice of fresh fruits - berries, bananas, grapes
- Oats
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INSTRUCTIONS

- In a clean glass, layer in yogurt, fresh fruits, and oats. Add a bit of honey to taste. Repeat until the glass is almost full.
- Top with a slice of raw honeycomb and serve immediately!



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