

Chocolate Breakfast Bowl




VALRHONA
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Chocolate Breakfast Bowl

AN ORIGINAL RECIPE BY *L'École Gourmet Valrhona*

Makes 2 breakfast bowls

Difficulty

Prepare the day before:

Nut drink
Granola

To be done on the day:

Preparing the fresh fruit
Blend

Required utensils:

Food processor

NUT DRINK

Preparation time: 5 + 5 minutes

Soaking time: 8 hours

30g Whole almonds
20g Cashew nuts
1 **NOROHY vanilla bean**
200g Water
4 Dried dates

Put the water, almonds, cashew nuts and the seeds from the vanilla bean in a container. Leave to steep in the refrigerator for at least 8 hours.

Put the dates and steeped nuts in a food processor, along with the water used to steep the nuts.

Blend and then filter the mixture through a sieve.

Keep the fruit and nut pieces left in your sieve and bake them at 160°C for 15 minutes to dry out.

Keep the resulting powder.

Store the drink in the refrigerator.

Instead of whole almonds, you can use the same amount of hazelnuts or walnuts.

GRANOLA

Preparation time: 10 minutes

Baking time: 10 minutes

60g Dried nut powder
(stored from the previous step)
30g Cranberries
10g Chia seeds
50g Oats
50g Honey
1 pack **Mixed crunchy pearls**

Mix the honey, dried nut powder, cranberries, chia seeds and oats in a container.

Spread it onto a baking tray lined with baking paper and bake at 160°C for 10 minutes.

Leave to cool completely and add the **mixed crunchy pearls**.

You can double or triple your recipe to make more granola. It can be stored in a jar for 4/5 days without any problems.

Chocolate Breakfast Bowl

(Continued)

ASSEMBLY

Preparation time: 10 minutes

Your choice of fresh fruit

Granola

Nut drink

Prepare the seasonal fresh fruit. You might need to wash, peel and cut it, depending on the type you choose. Arrange the granola and fruit in a dish. When you are ready to serve, add the nut drink.

Chef's Tip

To add a hint of chocolate, grate an **ORIAIDO 60%** organic bar onto your preparation using a peeler.

Nutrition tip

Chia seeds are rich in fiber and omegas 3 and 6. Cashews help fight diabetes and high cholesterol. Almonds are rich in plant proteins. Chocolate is packed with magnesium. This breakfast bowl offers you a perfect plant-based breakfast with all the nutrients you need to get your day off to a good start.