



# EINSTEIN

EMPOWERING EXCELLENT RESEARCH

**Driving innovation by connecting  
agriculture and nutrifood with  
electronics and medicine**



Funded by  
the European Union



Vojvodina  
Organic  
Cluster



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EMPOWERING EXCELLENT RESEARCH

**Razvoj inovativnih rešenja kroz  
povezivanje poljoprivrede, hrane,  
elektronike i medicine**



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the European Union



Vojvodanski  
Organski  
Klaster

*Fuel your body with steady  
energy and focus*

## **Buckwheat/millet porridge with fruit rolls**

**40 g buckwheat or millet flakes**  
**40 g finely ground dried apple**  
**½ teaspoon of honey**  
**2 raspberry fruit rolls (16 g)**  
**200 ml hot water**  
**6 nuts of choice**  
**A few fruit spaghetti**

**Pour hot water over the buckwheat  
flakes and dried apple, then let  
sit for a few minutes.**  
**Stir in the fruit rolls until they soften and  
blend.**  
**Add honey and mix well.**  
**Finally, top with nuts of choice and a few  
fruit spaghetti.**



# Obrok za stabilnu energiju i koncentraciju

## Heljdina/prosena kaša kaša sa voćnim rolnicama

- 40 g heljdinih ili prosenih pahuljica
- 40 g fino mlevene sušene jabuke
- ½ kašičice meda
- 2 voćne rolnice od maline (16 g)
- 200 ml vrele vode
- 6 jezgara orašastog voća po želji
- Par voćnih špagetica

Heljdine pahuljice i mlevenu sušenu jabuku prelići vrelom vodom i ostaviti nekoliko minuta da omekšaju.

Voćne rolnice umešati u toplu kašu kako bi se blago otopile i povezale sa smesom. Dodati med i promešati.

Na kraju, odozgo dodati orašasto voće po želji i nekoliko voćnih špagetica.

