



Healthy
breakfast
recipes
with
yogurt



“ Farm Business

”

A healthy breakfast is fundamental to good health and well-being, providing energy and essential nutrients to start the day right. Yogurt is a great breakfast choice, as it offers many health benefits. It is rich in nutrients such as protein, calcium, and vitamin D, and contains probiotics that aid in digestion and boost the immune system. Eating it in the morning can help reduce hunger and maintain a healthy weight.

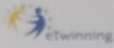
A healthy breakfast

First of all we cut fruits in small pieces, such as apples oranges,bananas and pears.Then we put yogurt and honey and mix very well.You're ready for a healthy breakfast.



1o kindergarten of Asimi,steiakaki eleni





yoghurt parfait with fruit and jam
Παρφέ γιαουρτιού με φρούτα και μαρμελάδα

Συνταγή

Γαλακτοπλάσμα yoghurt

Μπισκότα cookies

Μπανανά banana

Μήλο apple

Αχλάδι pear

Μαρμελάδα jam

Yoghurt parfait
with fruit and
jam



Good appetite!!!

Kindergarten of Charaka, Greece.
Teacher: NTENTH ΘΕΟΔΩΡΑ

Yoghurt with nuts and honey-a healthy breakfast

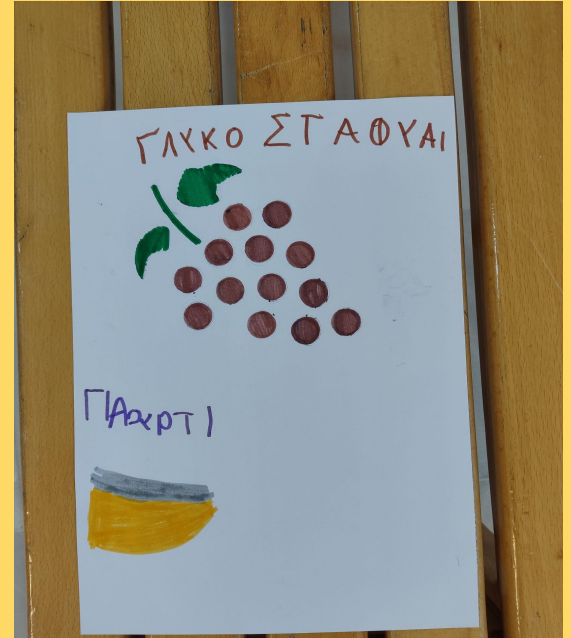
Kindergarten Castelul Fermecat Craiova

Teacher: Miliana Marcu

Yoghurt is a dairy product resulting from the fermentation of milk.
The Romanian word comes from **yoğurt** in Turkish passing through Greek
Γιαούρτι, “Yiaurti”.



A delicious and healthy breakfast



Yogurt with homemade sweet grapes. A delicious combination that we all enjoyed.

2nd Kindergarted Asimiou. Teacher: Athena Tsagkaraki.

Fluffy Banana and Yogurt Pancakes

Pancakes with yogurt and bananas are a delicious and healthy option!



SMOOTHIES

INGRIDIENS



Yogurt



honey



bananas



strawberries

INSTRUCTIONS



1. We cut the fruits into pieces



2. We put all the ingredients in a vessel



3. We blend.



4. we enjoy our delicious smoothies!

Special Education Kindergarten of Ierapetra
Teacher: Goni Pelagia

Refreshing sandwich with
yogurt and biscuits!

Simple and delicious!

Enjoy!

Kindergarten of Charaka
Teacher: Malliarou Rafailia



Strengthening yogurt

150 gr greek yogurt

2 tablespoons of raisins

2 tablespoons of nuts

1 tablespoon of honey

corn flakes

1 banana



15th Kindergarten of Aghia Paraskevi

yougurt with cereals

100gr yougurt

50gr corn flakes

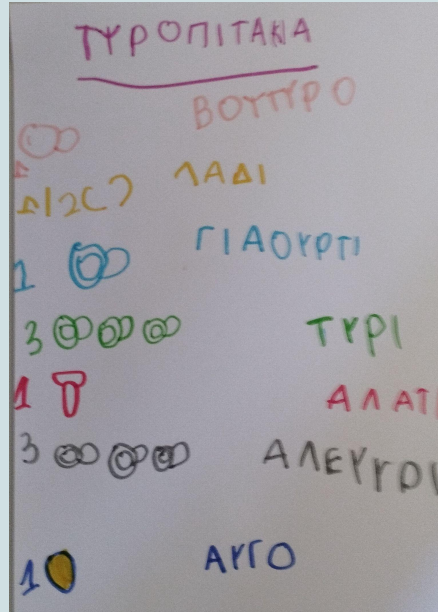
50gr dried fruits



Cheese pies with yogurt!

Our proposal for a healthy breakfast , is cheese pies with yogurt!

The recipe is: 1 cup of butter,
1/2 cup of olive oil
1 cup yogurt
3 cups feta cheese
1 spoon of salt
3 cups of flour
1 egg



Healthy breakfast with cottage cheese and apples

Homemade spread

- homemade cottage cheese,
- chives from the home garden



KINDREGARTEN: "Otona Župančiča"

Slov. Bistrica - Slovenija, Tjaša Pulko (Šoba)

apple balls:

- apples
- dates
- cranberries
- chocolate chips
- rice wafers
- butter
- coconut

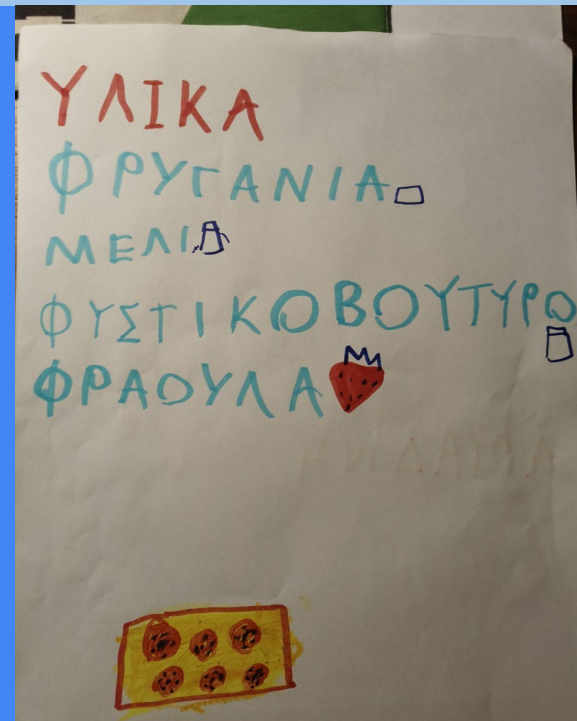
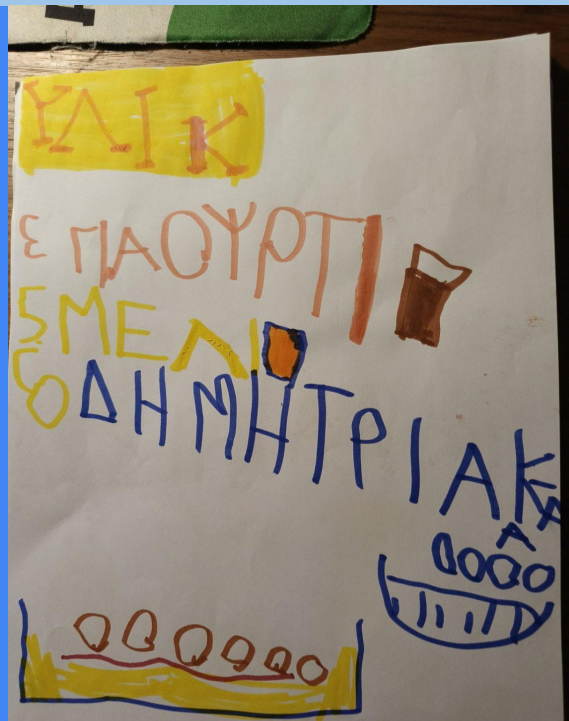


KINDREGARTEN: "Otona Župančiča" Slov. Bistrica - Slovenija (Tjaša Pulko - Šoba)

Healthy Breakfast and Recipes

19o Kindergarten of Maroussi, Athens, Greece

Teacher: Paraskevi Pegklidou



Healthy breakfast from the farm!

Our team offers breakfast with fresh ingredients from the farm, eggs, sausages, bread, tomatoes, lettuce, mushrooms...

24o kindergarten Alexandroupolis, Greece



Enjoy your meal!