

Alternative fruit breakfast

For 1 person, for more people double or triple the ingredients



1 banana

1 apple

2 handfuls of mixed nuts

Method

Peel banana, chop and place on a plate

Cut the apple into quarters, core and then cut quarter length ways. Place the apple on the plate with the banana

Add the 2 handfuls of nuts to the plate.

Relax and enjoy with a drink of your choice, mine would be tea.