

# Quark with Honey & Walnuts

 1 Serving      141 Kcal / serving

 Post Exercise Snack

## Ingredients

- 2 teaspoon (5g) - **Walnuts, roughly chopped**
- 1 tablespoon (10g) - **Porridge oats**
- 75g - **Quark**
- 1 teaspoon (5g) - **Honey**



## The Method

If time allows, quickly dry roast the walnuts and oats in a small frying pan. Tip into a bowl to cool.

Place the quark in a bowl and stir until smooth. Drizzle over the honey and scatter the walnuts and oats on top to serve.

 Suitable for vegetarians