

Receta cedida por [Emanuela Gornati](#)



Granola Bowl

Ingredientes

1 small cup of natural hemp yoghurt

~~Chocolate sauce:~~

3 tablespoons of [granola with cocoa and coconut](#)

1 banana

2 strawberries

~~Chocolate sauce:~~

1 tablespoon of powdered black cocoa

1 tablespoon of agave syrup

Preparación

1. First, prepare the sauce mixing all the ingredients until getting a liquid sauce.
2. Set the bowl: divide it in three parts in order to fill one with the royal quinoa granola, the second one with the hemp yoghurt and the other one with the cut banana, procuring them not to mix.
3. Add the cut strawberries at the center and decorate the bowl with chocolate sauce.