



## **Berry & Kefir-Quark Mousse**



A delicious, creamy mousse packed with protein and probiotics. Satisfy your sweet tooth with this elegant dessert, without the guilt.

### Ingredients

- 300g Bio-tiful Kefir-Quark
- 100g berries (a mixture of blueberries, blackberries & blackcurrants)
- 1.tbsp honey

### Instructions

Simply whip together (either by hand or in a blender) Bio-tiful Kefir-Quark, most of the berries and the honey. Serve with extra berries.

Serves 2