



# Taiwan bowl

Total: 5 min · Prep: 5 min · 1 servings · Easy · Breakfast

Vegetarian

Gluten-Free

## INGREDIENTS

40 g Rice

75 g Banana

80 g Pineapple

70 g Well-peeled orange

40 g Thick yogurt

18 g Honey

6 g Shredded coconut

## INSTRUCTIONS

- 1 Cook rice according to package instructions. When ready, place it in a deep bowl.
- 2 Drizzle the rice with honey, distributing it evenly over the surface.
- 3 Add yogurt and distribute it evenly over the rice surface.
- 4 Sprinkle the dish with shredded coconut.
- 5 Cut all fruits into equal small cubes or slices and place them on top of the dish.
- 6 Optionally, sprinkle additional shredded coconut on top for appearance and flavor.

**Nutrition per serving:** 413 kcal · Protein 8.0 g · Fat 6.0 g · Carbs 88.0 g · Fiber 6.3 g