



SESAME LYCHEE BREAKFAST BOWL

168
calories

8.3g
carbs

30.5g
protein

1.4g
fat

INGREDIENTS

35g 1/2 tsp.	casein protein xanthan gum
180ml 3/4 cups	water
2g 1g 2 drops	toasted sesame seeds toasted sesame oil butter biscuit flavor drops Sweetener to taste
3	Lychees

DIRECTIONS

Combine the casein powder with the xanthan gum in a small serving bowl

Pour in the water and mix well

To get most of the sesame flavor, crush up the sesame seeds using pestol and mortar, before adding it to the casein along with the toasted sesame oil, flavor drops, and sweetener to taste

Cut the lychees into small pieces and add them to the casein bowl

Enjoy your sesame lychee bowl right away or store it in the fridge over night - this will further enhance the flavor and give you a firmer consistency!