

## Earl Greek Breakfast



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- Sub Category Name  
Food  
Sweets
- Recipe Source Name  
School of Tea E-Learning User

### Used Teas



Exceptional Elegant  
Earl Grey

### Ingredients

#### Earl Greek Breakfast

- Greek Yogurt
- Fruits of your choice
- Kiwi
- Strawberries
- Apricot
- Banana
- Blueberries
- Mango
- Raspberries



- Almonds
- Honey
- Earl Grey tea
- Lemon

## Methods and Directions

### Earl Greek Breakfast

- Mix Greek yogurt with chopped pieces of tart and sweet fruit. Fruit like kiwi, strawberries or apricot should be dominant and accompanied by a smaller portion of a sweet fruit such as banana, blueberries, raspberries or mango.
- Add some blanched almonds to the mix and finally a teaspoon of honey.
- Squeeze 1/5 of lemon into your Earl Grey tea.
- Add 1 teaspoon of honey to balance it out.
- Take a sip of your Earl Grey with each your bite. The sweet and sour tastes from yoghurt, fruit and honey will blend perfectly with your strong cup of tea.

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