



# Ginger and almond rocks

## Ingredients (makes multiple)

3 egg whites

125 g paper-thin sliced almonds (or hazelnuts)

125 g breakfast cereals

Fresh ginger

Orange peel

Lemon peel\*

## Method

1. Preheat the oven at 180 °C.
  2. Whip the egg whites until they become fluffy and frothy (it is possible they may need a pinch of salt).
  3. Grate ginger and the orange and lemon zests.
  4. Add to the egg whites, along with sliced almonds, cereals. Fold into the whites with a spatula (without whisking).
  5. Place small portions of the mixture on a baking tray lined with baking paper.
  6. Bake at 180 °C for ten minutes. Cool and serve.
- \*Wash the orange and lemon peel thoroughly before grating.

## Recommendations

Low-sugar whole grain cereals are recommended. In the case of osteoporosis, it's also recommended the use of whole grain cereals enriched with calcium and vitamin D.