

Make your Breakfast more Filling with Apple Mounted Pecan Butter Rusk



Have you noticed the extreme craving hours of the day when you need anything to fill your stomach? But the tongue asks for something appetizing? At the same time, your body does not want you to put on weight? Great confusion.

Food has always been a matter of constant inner fight between mind and heart. The mind is always looking for healthy diet meals so that the body remains fine while the heart craves taste. It's a wrong conception that taste only lies in unhealthy food. Do you also think so?

Well, I find great fun in proving such misconceptions wrong.

For this reason, I am going to introduce you to **Apple-mounted pecan butter rusk**. A perfect combination of taste and health. Let's see what ingredients Apple mounted caramel rusk is holding for creating such a love

Ingredients

Ingredients	Quantity
Rusk (Dry bread)	1-2 pieces
Unpeeled Apple slices	3-4 slices/piece of rusk
Chia Seeds	Few grains
Pumpkin seeds	4-5 grains
Pecan Salted Caramel Butter	1 tbsp/piece of rusk

How Apple Mounted Pecan Butter Rusk proves to be a satisfying full breakfast meal?

Breakfast is named so as it breaks the overnight fasting. Are you sure you are breaking this overnight fasting with a suitable feed? Is it healthy for your body? Is it enough to make you start with a fresh and energetic day?

Let's look at how Apple-mounted caramel rusk proves to be the right breakfast meal by looking at the health benefits of these ingredients and their effect on taste buds.

Rusk (Dry Bread)

For ages, rusk has been used as a breakfast product and an evening snack. It is a perfect combination of taste with health providing excellent microbial resistance. The composition is 70% flour with added iron and vitamins. If you are more diet conscious, use rusks that come with whole wheat flour. (if it is hard to find the right rusk, you can use toast bread)

Unpeeled Apple

Apple is a very natural and healthy breakfast element that will help weight loss, give good skin, good digestion, and a healthy body. Studies reveal great health benefits of apples, especially unpeeled ones taken in the morning hours. The apple peel is rich in dietary fiber and pectin, which helps in predigestion.

Chia Seeds

Chia seeds should be a **must** morning element in your meals. It has omega 3-fatty acids and is rich in soluble fiber. Taking an ounce of chia seeds will help you consume 39% of fibers. Nutritionists recommend intaking 25-35g of fibers/day. Few grains of chia seeds will be enough to carry this need. These fibers can expand in the stomach, thus giving you a feeling of fullness when you eat them. Your uneven craving will be satisfied, refraining you from eating unhealthy food.

Moreover, it is a good source of proteins, antioxidants, minerals rich in calcium, magnesium, and iron that are very nutritious for your body.

Pumpkin Seeds

For a healthy diet, the American heart association recommends 30g of pumpkin seeds per day. They have high-profile nutrients having vast health benefits. Along with the high level of vitamins and minerals, they contain enough calories, so a limited intake of pumpkin seeds will be enough for everyday go up.

Pumpkin seeds produce antioxidants and aid in the detoxification of harmful particles in the body. Moreover, increased levels of magnesium content prevent strokes and heart diseases.

Buttery Pecan Salted Caramel Butter

Pecan butter. Wasn't it the special element you were waiting for? But wait, what? Pecan? Butter? This element will be enough to destroy all the health benefits I have listed above.

But wait, this isn't the typical pecan butter.

Amazing pecan salted caramel butter is awesomely prepared, equally helping for the tongue and stomach. Pecan salted caramel butter is made with dry roasted pecans, dry roasted cashew, date powder, coconut oil, and a pinch of Himalayan pink salt. it's a wholesome product.

Prepare Apple Mounted Caramel Rusk within a Minute

Now, let's see how this Apple-mounted caramel rusk comes into your platter.

If you have all the ingredients, you can make Apple-mounted pecan rusk within a minute. Yes, there is no need to stand in front of the oven/ stove with an empty stomach and a bad mood and spend time making your morning meal or evening snack. Simply have a seat and;

1. Take a piece of rusk or bread.
2. With a knife, spread Buttery pecan salted caramel butter all over the rusk.
3. Cut three to four apple pieces in slice form and place them over the caramel rusk.
4. Take an ounce of chia seeds and span it all over the rusk.
5. Now add a few grains of pumpkin seeds and spread them over your Apple-mounted caramel rusk.

Wow! That was very simple, and when you have this meal in your breakfast, you will experience its wholesome flavor and impact on your physical fitness.

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