

Breakfast Yoghurt

This quick breakfast option is easy to tailor to your food preferences and intolerances. The yoghurt provides protein and beneficial gut bacteria, the berries are a great source of vitamin C, a powerful antioxidant, the nuts and seeds are a great source of magnesium – all of this equals a nutrient dense breakfast.

Ingredients

100g Natural yoghurt e.g. Greek, goats

Any of the following....

Berries e.g. blueberries, blackberries, raspberries, strawberries

Other fruit e.g. apples, pears, peaches (fresh, frozen or stewed).

1 tbsp seeds e.g. pumpkin, sunflower, ground flax, chia.

1 tbsp. nuts e.g. cashews, pecans, walnuts, almonds

2-3 tbsp. oats

Method

*In a bowl or clean glass jar add your chosen ingredients.

*You can mix them altogether, topping the nuts, seeds and fruit on top of yoghurt or if using a jar, create alternate layers of fruit, yoghurt and oats and top with your favourite nuts and seeds.

Recipe notes

It can be made in advance and put into a jar or tub, making it a portable breakfast.

Use coconut yoghurt for dairy free, omit oats for lower carb, add a few pinches of cinnamon, drizzle with honey for some extra sweetness.

Mix some protein powder into the yoghurt to add another flavor and increase protein content.

Nutrition info is for: 100g Greek yogurt, 20g nuts, 20g oats, 10g. seeds, 50g blueberries



Serves : 1
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
Cals:316
Protein: 18g
Carbs:35g
Fat: 18g