

BERRY YOGHURT POT



INGREDIENTS: (serves 2)

- 1/2 cup strawberries
- 1/2 cup raspberries
- 3/4 cup blueberries
- 1 ripe banana
- 1 cup live natural yogurt
- 1 cup crushed ice

This Berry Yoghurt Pot is perfect as an after dinner treat. It's loaded with nutritious berries and naturally sweetened with banana to satisfy any sweet tooth.

HOW TO MAKE IT:

- Combine strawberries, raspberries, blueberries (reserving a handful), banana, natural live yogurt, and crushed ice in blender until smooth
- Gently fold in the remaining blueberries
- Serve immediately

Top Tip

Adding a handful of rolled oats into the mix makes this a healthy breakfast-on-the-go or satisfying snack between meals

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