



## 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*