



Berry breakfast or snack

Simple food is often the best. Put the ingredients together in a bowl or alternatively in the blender to whizz up as a smoothie to grab and go if you are against the clock in the morning.

Quantities to be decided by you, depending on how many you are feeding.

Ingredients

- Berries of your choice
- Natural live plain yogurt
- Nuts
- Seeds



Recipe developed by Sharyn Singer

Method



1. Combine berries of your choice with natural live plain yogurt and lots of nuts and seeds for an energy-boosting breakfast or snack

The Grange
Welford Road
Long Marston
Stratford upon Avon
Warwickshire
CV37 8RH

07778 218009