

Berry breakfast parfaits



25g oats (use gluten free if preferred)
15g chopped nuts (almonds, pecans or walnuts are ideal)
½ tsp ground cinnamon (or use more if preferred)
2 tsps ground flaxseed or shelled hemp
30g vanilla flavour whey or rice protein powder (optional) or use 1 tsp vanilla extract
180g Greek yoghurt (use dairy free if preferred)
150g blueberries, strawberries and/or raspberries

SERVES 2



PER SERVING:
242 Calories
25g Carbs
13g Protein
10g Fat

Place the oats and nuts in a frying pan over a medium / low heat. Sprinkle over the cinnamon and toast gently for 3-4 minutes, stirring frequently. Remove from heat.

Stir in the flaxseed / hemp. Transfer to a plate and allow to cool.

Stir the protein powder (if using) or vanilla extract into the yoghurt.

Layer the yoghurt, toasted oats and berries in 2 serving glasses.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

