Breakfast

Berry and Nut Muesli Breakfast Bowl

A five minute single serve bowl of rolled oats and chopped nuts crowned with creamy yoghurt, nut butter and berries, with a light sprinkle of cinnamon on top.

6 min	428	22.1 g	6.7 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 1 serving

- [ ] ¼ cup rolled oats
- [ ] ¼ cup chopped nuts (almonds, walnuts, or pecans)
- [ ] 1 tablespoon chia seeds
- [ ] 2 tablespoons reduced fat Greek yoghurt
- [ ] 1 tablespoon 100% nut butter (almond, peanut, or cashew)
- [ ] 1/4 cup berries
- [ ] 1/2 tsp cinnamon (optional)

Method

- [ ] **1** Tip the rolled oats into a bowl and stir in the chopped nuts and chia seeds.
- [ ] **2** Spoon the reduced fat Greek yoghurt over the oat mixture and dot the nut butter on top.
- [ ] **3** Scatter the berries over the bowl.
- [ ] **4** Finish with a dusting of cinnamon if you fancy it.

Nutrition Facts

Per serving

Calories	**428**
Total fat	28.9 g
Saturated fat	3.8 g
Sodium	51 mg
Total carbs	22.1 g
Fiber	Not listed
Total sugars	6.7 g
Protein	14 g

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