

## **A simple, light and healthy snack/breakfast recipe**

### **You will need:**

- ❖ **160g raspberry/strawberry yoghurt**
- ❖ **10g porridge oats**
- ❖ **10g raspberries**
- ❖ **10g blueberries**
- ❖ **5g raisins**
- ❖ **1 tsp chia seeds**
- ❖ **Bowl**
- ❖ **Tea Spoon**
- ❖ **Table Spoon**

### **Method:**

- 1. Pour the yoghurt into the bowl**
- 2. Add the porridge oats and chia seeds into the bowl**
- 3. Stir the mixture with the table spoon**
- 4. Add the raisins**
- 5. Repeat step 3**
- 6. Add and arrange the raspberries and blueberries neatly on top**
- 7. The meal is now ready to serve**