

Super-fast Healthy Breakfast!!

Crunchy Granola with Yogurt & Strawberries

Makes: 1 Serving

Ingredients

30g Crunchy Linseed Cereal Topping (*Crownfield from Lidl*)

100g Low Fat Natural Yogurt (*Read the label – should be less than 70kcal per 100g & under 10g Carbs*)

50g Strawberries (approx. 3 med sized)

1 tsp Xylitol



Instructions

In a small bowl: add sliced strawberries, sprinkle with Xylitol. Layer the yogurt over the strawberries and finally add the crunchy topping.

Hey presto you have a super- fast healthy breakfast.

Nutrition information:

Each Serving:

Kcal 235

Fat (Sat) 3g

Net Carbs 12g

Protein 13g