



## Very Berry Fool

Whether you mix this up for breakfast, enjoy as a snack or as a healthy dessert, the Very Berry Fool will have your taste-buds dancing in celebration and your bum and tum thanking you for looking after them.

Very Berry Fool takes just a few minutes to prepare and is surprisingly filling as well as bursting full of antioxidants and fibre.

### Ingredients:

#### Serves 2

250g/9oz natural, unsweetened organic yoghurt

1 cup oats

225g/8oz berries (blueberries, raspberries, logan berries, strawberries, currants)

¼ cup hemp seeds

¼ cup chia seeds

½ cup goji berries

½ cup organic cocoa nibs

1 desert spoon raw honey if you need a sweetener

### Method:

Blend the berries into the yoghurt. Stir in the oats, hemp seeds and chia seeds. Combine well.

If you are using honey, stir it in.

Sprinkle the goji berries and cocoa nibs on top and send your tastebuds to tastebud heaven!