

A healthy breakfast



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Ingredients (e.g. serves 1)

- 150 g Alpro Greek style plain 'yoghurt'
- 1/2 apple
- 1/4 tsp cinnamon
- 1 handful blueberries
- Puffed spelt and/or granola (or plain oats)
- Optional: pumpkin seeds and a drizzle of agave syrup

Method

Sauté the apple and cinnamon in a pan with a little olive oil. Pour the yoghurt into a bowl as your base and top with the rest of the ingredients. Enjoy!