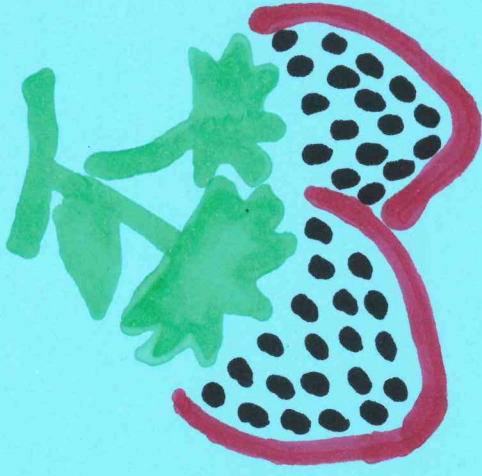




Grandma
 Chia seeds
 Yoghurt
 Strawberry
 Blueberry
 Drizzle of peanut butter
 or Honey

- 1/2 (30g)
- 1 spoon (80 ml water)
- 3/4 Fat free Yoghurt (170g)
- 1/4 (30g)
- 1/4 (30-40g)
- 1 tbsp (15g)



Method
 Spoon of chia seeds place in 80 ml water overnight
 place 30g grandma on half of plate
 add chia seeds

