

Breakfast Yoghurt

Ingredients:

- 100g of high protein Greek yoghurt
- 1 x Banana sliced
- Fresh figs x 1-2 quartered
- Mixed raw nuts or just one of your faves e.g. Macadamia or walnuts
- Raw honey to drizzle on top

Method:

Layer a nice glass or bowl with bananas at the bottom, then nuts, followed by figs and finish with yoghurt and drizzle with honey.

