

Berry Colourful Yoghurt Bowl



We've used strawberries, blueberries and bananas to create a berry colourful breakfast bowl, but you can use whatever fruit you have at home! Mix Nesquik Strawberry Milkshake Powder through low-fat yoghurt to create the base and build your rainbow on top.

Serves: 2

Prep Time: 10 minutes

Difficulty: Easy

Ingredients:

240g low fat plain fat free natural yoghurt
4 tsp [Nesquik Strawberry Milkshake Powder](#)
4 strawberries, halved
1 handful of blueberries
½ banana, sliced
2 tbsp low sugar Granola

Method:

Add the yoghurt and Nesquik to a bowl and stir until the Nesquik has fully dissolved. Divide the mix between two small bowls.

Top with the strawberries, blueberries, banana slices and granola.

Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
1004 kJ 238 kcal	6.0 g	1.1 g	23.7 g	0.25 g
12%	9%	6%	26%	4%

of an adults Reference Intake (RI)*

Energy per 100g: 472 kJ / 112 kcal