Blueberry crunch

125g plain or Greek yoghurt (use dairy free yoghurt if preferred)
60g fresh blueberries
10g chopped hazelnuts
5g mixed seeds (e.g. flaxseed, sesame seeds, sunflower seeds)
pinch of saffron (optional)

SERVES 1

READY IN 5 MINUTES

Spoon the yoghurt into a bowl and top with the remaining ingredients.

Store in an airtight container and refrigerate for up to 2 days.

PER SERVING:
205 Calories
15g Carbs
16g Protein
9g Fat