

## Blueberry & lemon oaty bowl

200g Greek yoghurt (use dairy free if preferred)

25g vanilla flavour whey or rice protein powder (or sweeten to taste with honey or maple syrup)

35g oats (use gluten free if preferred)

70ml unsweetened almond milk (of use milk of your choice)

10g chia seeds

1 tsp vanilla extract

### **for the toppings:**

10g cashews, hazelnuts or almonds, chopped

60g fresh blueberries

a sprinkle of finely grated lemon zest (from an unwaxed lemon)

Serves 1

Per serving:

575 calories

23g fat

45g carbs

47g protein

Mix together all ingredients in a bowl.

Allow to stand for 10 minutes. Leave to stand for longer if a thicker consistency is desired. Add a splash more milk if the mixture becomes too thick.

Stir well and transfer to a serving bowl.

Add the toppings and serve.

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