

## **Breakfast "mess"**

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*The perfect summer breakfast!*

### **Ingredients**

- ½ cup natural yoghurt
- ½ cup berries of choice
- ½ cup your choice fruit ( apple, pear, mango, more berries! )
- 1 tsp chia seeds
- 1 tbsp cacao nibs ( optional )

Gently combine all above ingredients into airtight container & store in fridge overnight.

Top in the morning with your choice of nuts .. I blitz up walnuts & almonds and sprinkle them on top and keep the left overs for the next day!