



MOTHER'S DAY MUESLI POT

INGREDIENTS

- 1/2 Cup of granola or muesli
- 1/2 Cup of frozen or fresh fruit
- 4 Tablespoons of plain or vanilla yoghurt
- A sprinkling of seeds or chia seeds if desired

METHOD

- Sprinkle a layer of granola into the bottom of the glass
- Add a layer of yoghurt, and then a layer of fruit
- Repeat this layering technique until the glass is 3/4 full
- Sprinkle the top layer with a few seeds, chia seeds, and fresh or frozen fruit
- If you are using frozen fruit, make the muesli pot an hour or so before eating, and put into the fridge so that the fruit can thaw out a little

UTENSILS

- Clear cup/glass or a clean jam jar

