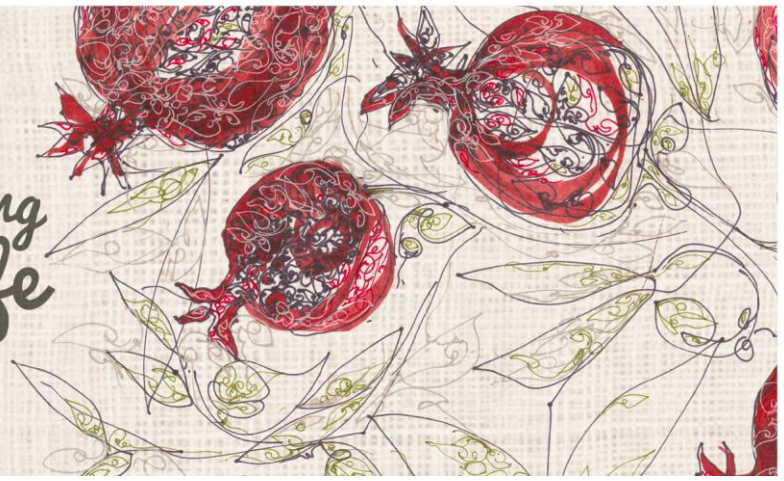




Creating
an
appetite
for life



Layered Yoghurt with Summer Berries & Nut Crumble

Preparation 20 minutes **Cooking** 20 minutes **Makes** 20 serves x 50g serves of nut crumble per serve

Season Any **Ability** Easy **Can Store** in airtight container **Equipment** Oven

Tip - Layer with any seasonal fruit you have at hand, use stewed or fresh. Omit the crumble if serving to someone who might not be able to chew it!

Ingredients

Nut crumble

3 tablespoons coconut oil
3 tablespoons honey
2 tablespoons linseeds
1 cup almonds
½ cup hazelnuts
½ cup macadamia nuts
1.5 cups coconut flakes
Pinch of Himalayan sea salt
¼ teaspoon cinnamon

Layered Yoghurt

2 tablespoons (50g) Nut Crumble per glass
5 cups fresh berries (or frozen, if necessary)
8 bananas, diced into 1cm dices
Juice and zest of 2 limes
3 tablespoons of fresh mint, finely chopped
2kg Greek yoghurt (full fat and thick)



Method

1. Pre heat the oven to 180C.
2. Place the coconut oil and honey in a microwave safe mixing bowl and heat until both ingredients have melted together.
3. Place the nuts in a blender and pulse until chopped.
4. Mix all ingredients together, spread an even layer onto paper-lined oven trays.



5. Place in the oven and bake for 20 minutes or until golden. You may have to turn tray after 10 minutes to ensure even colour. Cool completely then store in an airtight container (the mix will crisp up when cold).
6. Place the berries, banana, lime zest and juice and mint into a bowl, gently stir to combine.
7. Take 20 wide topped glass, place in $\frac{1}{4}$ cup of yoghurt in each, then evenly divide the berry mix between the glasses ($\frac{1}{2}$ cup approximately), top with more yoghurt and finally the crumble.