

Layered fruit and yoghurt pots

Makes 4 pots



Ingredients (allergens in bold)

- 4 tbsp crushed **oaty biscuits** or favourite **breakfast cereal**
- 4 tbsp **Greek yoghurt**
- grated lemon zest
- 2 tsp runny honey
- 4 tbsp blueberry chia seed jam (see separate recipe)
- 4 tbsp chia seed raspberry jam (see separate recipe)
- 4 raspberries
- 8 blueberries

Method

1. Put a large spoonful of crushed biscuits or breakfast cereal in the bottom of the jar/glass.
2. Mix the Greek yoghurt with the grated lemon zest and honey. Taste it and add more lemon or honey as required.
3. Carefully spoon a layer of blueberry chia seed jam on top of the cereal and level it out.
4. Add a layer of lemony yoghurt and gently tap the jar to level it.
5. Spoon the raspberry chia seed jam onto the yoghurt layer and level it again.
6. Finish the top with a small blob of yoghurt and the fresh berries.
7. Keep in the fridge for up to 24 hours.



Equipment

- small bowl
- grater
- spoons
- 4 small glass jars or glasses

Recipe notes and tips

- This recipe is great to make for a picnic or street party.
- Using chia seed jam keeps the added sugar content quite low.
- Let people build their own pot choosing their favourite base layer from a variety such as oaty biscuits, muesli, granola, rice crispies, shreddiees etc