Yoghurt and blueberry



**Ingredients**

Plain or vanilla flavoured yoghurt

Frozen blueberries

Oats

Chia seeds

**Method**

1. Defrost ¼ cup of frozen blueberries in the microwave for about 2min (keep an eye on it)

2. Let the blueberries cool (5min)

3. Place a desired scoop of yoghurt into a bowl

4. Spoon the blueberries on top

5. Sprinkle with oats and chia seed