



Strawberry Breakfast Crumble

Ingredients (serves 4)

- ¼ cup dry roasted almonds
- ¼ cup pistachio nuts
- ½ teaspoon ground cinnamon
- 4 fresh pitted medjool dates
- 500g strawberries
- ¼ cup chia seeds
- 800g Low-fat Natural or Greek-style yoghurt



Method

1. Combine almonds, pistachio, cinnamon and 2 dates in a food processor. Process until you have a crumble like consistency. If you don't have a food processor, you can chop the ingredients finely by hand.
2. Cut 250g of the strawberries into quarters.
3. Blend the other 250g of strawberries with the other 2 fresh dates and chia seeds with a stick blender until smooth.
4. To serve, place the cut strawberries into a glass, top with ¼ (200g) of the yoghurt, pour over ¼ of the strawberry puree and then sprinkle the crumb mixture on top and enjoy.

Health Tips

- ✓ Strawberries are a good source of fibre, vitamin C, folate and potassium.
- ✓ Low fat Natural or Greek-style yoghurts are a good source of calcium and protein.
- ✓ This recipe is an impressive breakfast, snack or dessert option.
- ✓ Additionally, you can use the strawberry sauce with the yoghurt on its own, or the crumble topping on your porridge.
- ✓ Each serve of this recipe contains one serve of dairy and one serve of fruit.
- ✓ This recipe is gluten free.

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