

Chia berry cups

Serves 2

Ingredients

- 250g natural yoghurt
- ½ teaspoon vanilla extract
- ¼ cup chia seeds
- ½ punnet strawberries
- ½ cup crunchy granola cereal



1 Combine

Combine the natural yoghurt, vanilla extract and chia seeds in a mixing bowl.



2 Chop

Wash, remove the stem and roughly chop the strawberries.



3 Layer

In small glasses, layer the strawberries and chia mix, alternating as you go.



4 Rest

Rest in the fridge for 1 hour or overnight.



5 Top

Top with crunchy granola cereal before serving.

Chia berry cups

Ingredients



**250g natural
yoghurt**



¼ cup chia seeds



½ teaspoon vanilla extract



½ punnet strawberries



½ cup crunchy granola cereal

Equipment

Spoon



Chopping board



Mixing bowl



Knife



**Serving
glasses**



Measuring spoons



Measuring cups