

RECIPE

Nutella chia seed blueberry breakfast pot

Easy

5 min



INGREDIENTS

FOR 4 PORTION

With overnight chilling

320g fresh blueberries

80g rolled oats (or gluten free oats, if necessary)

2 tbsp chia seeds

350 ml semi-skimmed milk

100g 0% fat Greek yogurt

15g toasted flaked almonds (optional)

60g Nutella (one heaped teaspoon (15g) per portion)

A few edible violas (optional)

To prepare this delicious recipe, 15g of Nutella® per person is enough to enjoy!



METHOD

1 Process half of the blueberries in a mini food processor until smooth and pour into a medium bowl.

2 Add the oats, chia seeds, milk to the pureed blueberries, mix well.

3 Divide the oat, chia seed milk and blueberry mix between four 350ml glasses, cover with clingfilm and set in the fridge (preferably overnight) or for at least 8 hours.

4 **To serve:**

Spoon over the 0% fat Greek yogurt, one heaped teaspoon (15g) of Nutella per portion. Top each with a some of the reserved blueberries, a sprinkle of toasted flaked almonds and garnish with the edible flowers, if using.

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