



Brookdale
HEALTH HYDRO



Crunchy Breakfast Jar

YOGHURT, BERRIES, NUTS & COCONUT SHAVINGS

½ cup	plain yoghurt
½ cup	mixed fresh berries
¼ cup	raw nuts, toasted & roughly chopped
	dusting of ground cinnamon
	raw honey to taste
1 Tbsp	coconut shavings, toasted

Layer yoghurt and berries in a glass jar.

Top with nuts, dust of cinnamon, drizzle of honey and lastly add the coconut.

A perfect light on-the-go breakfast.

SERVES 1



This recipe is from Brookdale's Heavenly and Healthy Flavours cookbook, which is available for purchase at Brookdale Health Hydro or online at www.brookdale.co.za