



# GRANOLA YOGHURT POT

This delicious treat could serve as either a dessert or a snack.



### Preparation time

20 mins

### Servings

As many as required

### Equipment

Mixing bowl

Mason jar - optional

### Ingredients

90 g of oats

Natural or Greek yoghurt

Strawberry jam

### Instructions

1. Roast the oats in a frying pan till golden brown, then remove from the heat and leave to cool completely.
2. Spread a generous layer of strawberry jam at the bottom of a mason jar or bowl.
3. Add a layer of oats.
4. Add a layer of yoghurt.
5. Sprinkle on another layer of oats and serve.

### Tips

If you want to sweeten up the oats, roast them in honey / maple syrup and coconut oil or sprinkle some sugar on them while roasting.

Dairy alternatives/lactose-free option can be used to replace the yoghurt.

If your child is not allergic to nuts, you can add some soft nuts like cashew to the oats while roasting them.

Why not add some crushed banana crisps into the oats as well, for added sweetness.



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