



Health | Performance | Recovery

#OwnYourElements



Chocolate Berry Bliss Bowl

Calories = Carbs = Protein = Fat =

Serves: 1, Prep time: 00:05, Cook time: 00:00

Instructions

1. Place greek yoghurt into small bowl
2. Wash and slice strawberries, place in bowl on top of yoghurt
3. Wash Blueberries, Raspberries, Mulberries and place in bowl on top of yoghurt
4. Cut almonds in half and place in bowl on top of berries (be careful when doing this with your sharp knife)
5. Shave / very thinly slice the dark chocolate with your knife and sprinkle over the top
6. Drizzle honey over the top and serve

Note:

- Don't have access to some of the berries? No problem just use what you can get / have!
- When buying your Natural Greek Yoghurt look at the nutrition label and ensure there is no additives in the ingredients list. There should only be one or two things there (e.g Milk solids). Do not buy if there is flavour or added sugar.

Ingredients

- 1/2 cups Natural Greek Yoghurt (Full Fat)
- 20 grams Lindt 80% Dark Chocolate
- 5 Almonds, raw
- 4 Strawberry
- 1/4 cups Blueberry, raw
- 4 Mulberry
- 1/4 cups Raspberry fresh
- 1 tablespoon Honey