





PREPABLE HEALTHY CRUMBLE (BREAKFAST)

 6 servings  15 minutes

INGREDIENTS

500g pack of frozen berries (any variety you prefer, such as mixed berries)
2 tsp chia seeds
Optional: a little sugar or honey
180g rolled oats
3 heaped tbsp runny nut butter (not the set kind, use almond, peanut, or cashew)
3 heaped tbsp honey or maple syrup
3 tbsp mixed seeds
Pinch of salt
2 egg whites

DIRECTIONS

1. Preheat the oven to 160c fan.
2. In a blender, pulse the seeds (don't blend into a fine mix, keep chunky), add everything to a bowl and fold together to form a sticky mix.
3. Tip the frozen berries into a baking dish, sweeten if needed and sprinkle over 2 tsp chia seeds.
4. Top with the crumble mix and bake for 35-40 minutes until golden and crisp. Serve with a big dollop of yoghurt.

265kcal and 8g protein