



BEET THE BLUES

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QUINOA & COCONUT YOGHURT POT

Serves 4

INGREDIENTS

- 175g White Quinoa - cooked
- 400g Coconut Yoghurt
- 5g Chia Seeds
- 10g Manuka honey
- 130g Mixed berry compote
- 20g Toasted Pumpkin seeds
- 100g Toasted sunflower seeds



METHOD

1. The day before needed, add the chia seeds to the coconut yoghurt, stir well and leave to soften overnight in the fridge.
2. When ready to serve, remove the coconut yoghurt from the fridge.
3. Fold in the cooked and plain white quinoa.
4. Check taste and add the Manuka honey to enhance and lift the yoghurt.
5. In the bottom of your glass add the mixed berry compote.
6. Top with the chia, quinoa and coconut yoghurt.
7. Top with the toasted pumpkin and sunflower seeds and serve.

