

WELSH HONEY & SMOKED SEED YOGURT BOWL

We made this with our favourite summer berries, but please choose any fruit that you may have or prefer.

Serves 1 or 2, depending on how hungry you are!

Ingredients

Smoked Organic Pumpkin and Sunflower Seeds,

scattered

Welsh Honey, drizzled

BMS 70% Dark Chocolate & Roasted Cocoa Nibs,

roughly chopped

300g Natural Greek Yogurt

1 Banana

4 Strawberries, chopped

50g Raspberries

50g Blueberries



Spoon your choice of yoghurt into a bowl.

Gently arrange the soft fruit of your choice on top of the yogurt.

Sprinkle with Smoked Seeds and Dark Chocolate.

Finish with a drizzle of Welsh Honey.

Serve and enjoy!