

BANANA, PEANUT & BLUEBERRY BOWL

This sounds strange, but it's actually a delicious breakfast or snack option.

WARNING: If you are allergic to peanuts, substitute chopped dried fruit.
If eaten as a snack, you can add chopped, dark unsweetened chocolate as a crunchy treat.

INGREDIENTS

1 Banana
1 tablespoon lightly salted peanuts
Blueberries
Yoghurt
Pure maple syrup (optional)

METHOD

Peel and mash banana with yoghurt to taste and a little maple syrup if desired
Scatter peanuts and blueberries over the top.

The contrast of flavours and textures really is very pleasant.