

## **Berry Oats 'n Nuts Medley (aka Antioxidant 'n Protein Medley)**

This is a great one for an anytime snack or meal. Filling, tasty, everyone's favourite! It even works well for a special breakfast, lunch or dinner treat. Full of natural goodness, rich in antioxidants, high in protein, low in fat, low in sugar, hi-fibre and EFA, low GI, naturally sweet, crunchy, and a delicious healthy raw treat.

### Ingredients:

2 tablespoons rolled oats

Handful raw almonds, roughly chopped (about 8-12)

Fresh organic strawberries, quartered or halved, half a punnet per person is generous serve.

1/3 cup [Maqui](#) yoghurt (organic natural or vanilla yoghurt with [Maqui](#) powder stirred in)

2 tablespoons raw almond meal and/or LSA meal and/or flax meal

1 tablespoon raw seeds, oats 'n nut mix; pepitas, rolled oats, pine nuts, sunflower seeds, chia seeds

Level teaspoon of Maqui powder.

### Method:

Into a serving bowl add:

Oats and chopped almonds

Top with Strawberries and Maqui yoghurt

Sprinkle with almond meal, LSA/flax meal

Add seed/oat/nut mix over top

Finish with sprinkle of [Maqui](#) powder

Grab a good book or mag, find a quiet spot in the shade and lose yourself for an hour or so with this delicious dessert treat – perfect any time of the day! Even better when you don't have to share!! =)



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