



## Sunrise Yogurt Bowl

 2 servings  10 minutes

### INGREDIENTS

greek yoghurt/ plant-based alternative  
1 medium apple  
2 tbsp. of seed mix  
handful of walnuts  
squeezey golden syrup  
seasonal fruit: figs

### NOTES

This breakfast can also be made in a jar to take on your early morning trip to Skomer Island or any Pembrokeshire adventure. It's a convenient, on-the-go power protein option for fuelling your day of exploration!

### DIRECTIONS

1. Begin by dry frying your nuts/ seeds in a frying pan on a medium heat, tossing regularly to ensure they don't burn. Then put to one side.
2. Peel your apples and cut into thin slices, cooking in the frying pan with a splash of water. Cook until soft.
3. Serve up the yoghurt, add your apples and nuts for a perfect power-packed breakfast.

