



Breakfast

Greek yoghurt with blackberries and cinnamon- toasted cashews

Serves 1

Protein 0. Fat 1. Dairy 1. Fruit 1.
Vegetables 0. Calories 172

10 unsalted cashew nuts
pinch of ground cinnamon
80 g (2¾ oz) blackberries
120 g/4 oz low-fat
Greek yoghurt

PLACE a small frying pan over a medium heat. When hot, add the cashews and cinnamon to the pan and toast for 1–2 minutes, stirring occasionally with a wooden spoon, until golden and aromatic. Remove onto a chopping board and when cool enough to handle, roughly chop the nuts. Spoon the yoghurt into a bowl and top with the blackberries. Finish by sprinkling over the cinnamon cashews.

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