Davina McCall's Crunchy Oat and Yoghurt Layers

Ingredients:
- 50g oats
- Six tablespoons of Greek Yoghurt
- One tablespoon of honey
- 100g of blueberries (or berries of your choice)

Method

Toast the oats by dry frying them in a frying pan for one - two minutes until golden.

Mix together the yoghurt and honey and place half in 2 glasses.

Then sprinkle half the toasted oats on top of the yoghurt.

Top with half the blueberries then repeat the layers.

Tip – change the berries for any fruit you like – pineapple, steamed apple, banana and kiwi are all delicious.