

Pomegranate & Kiwi breakfast bowl



Ingredients (makes 1 portion): 1 kiwi, 1 tbsp pomegranate seeds, 2-3 tbsp high-protein Skyr Icelandic yoghurt, 8-9 almonds, 1 tbsp sunflower seeds, 1 tbsp gluten-free granola

Additional Toppings: N/A

Preparation: <3 minutes

1. Peel and chop the kiwi and remove the pomegranate seeds from the fruit (the easiest way is to halve the fruit, and over a bowl use a spoon to gently tap the seeds out).
2. In a bowl, add the yoghurt
3. Top with the remaining ingredients

This bowl provides a protein-rich start to the day combined with antioxidant rich fruits to support the immune system and cell health.