

Future Cooks Morning Bocker Glory

A delicious take on the slightly less healthy Knicker Bocker Glory, this version is equally delicious and packed full of goodness!



Ingredients

We haven't given amounts as it really depends on the size of your glass and how many you want to make

- Natural yoghurt
- Oats
- Selection of fruit such as bananas, sliced, tinned peaches or pineapple (or any tinned fruit), dried fruit such as raisins or cranberries
- Seeds or nuts (chopped) – optional

Method

1. Best made in a tall glass.
2. Add a layer of yoghurt, a layer of oats and a layer of fruit and nuts/seeds (if using) and continue until you have no more room!

Serving suggestion:

Top with a homemade berry sauce.

- Simply cook over-ripe berries, with a sprinkle of sugar and a dash of water, in a pan on medium heat for 1-2 minutes or until soft
- Allow cooling and then puree mixture, either with a hand held blender or pushing mixture through a sieve.
- This fruit sauce can be frozen in an ice-cube tray and individual cubes can be defrosted when needed.

Preparation time: 15 minutes