

Berry Swirl Yoghurt Bark



(2 servings)

Ingredients

- 500mL (2 cups) of Vaalia Probiotic Vanilla Yoghurt
- 20g (2 heaped tbsp) of vanilla protein powder
- 2 tbsp all fruit berry jam
- 50g blueberries
- 3-4 strawberries, thinly sliced
- 50g raspberries
- 30g toasted slivered or flaked almonds



Method

- In a bowl, add the yoghurt and protein powder and whisk until combined.
- Pour it out onto a lined baking tray and spread out until it's around 1cm thick.
- Dollop teaspoons of the jam on the yoghurt and swirl through.
- Sprinkle over blueberries (halved helps them go further), strawberry slices and raspberries, then finally with the toasted almonds.
- Freeze for at least 3 hours or until completely hard. Either break up into pieces or use a knife to cut into pieces.



Overnight Oats

(4 servings)



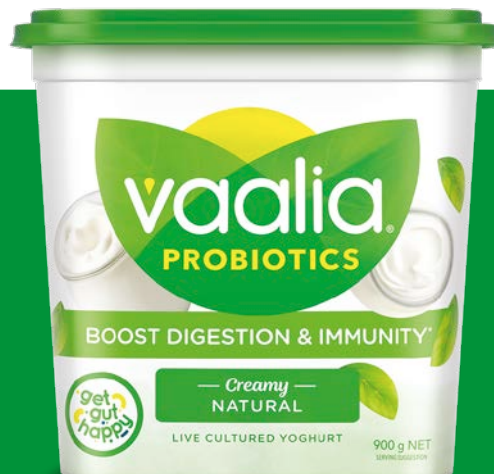
Ingredients

- 1 cup Vaalia Probiotic Yoghurt Plain
- 1 cup of milk
- 2 tbsp honey, plus extra for serving
- 4 pitted dates, chopped
- 1 ½ cup of rolled oats
- A pinch of salt
- ⅓ cup raw almonds, chopped
- ¼ cup toasted shaved coconut



Method

- In a large bowl, stir yoghurt, milk, honey, dates and salt together until well combined and lump free
- Add the oats and stir together. Cover and transfer to the fridge overnight
- Serve: divide the overnight oat mix to 4 bowls and top with coconut, almonds and honey to taste.



Choc Protein Balls



(2 servings)

Ingredients

- 2 tbsp Vaalia Probiotic Yoghurt Natural
- 8 tsp cocoa powder + extra for dusting
- 1 ½ cups raisins
- 2 tbsp protein powder
- 1 cup seed mix
- 2 tbsp honey
- 2 tsp vanilla extract
- Shredded coconut for coating



Method

- Place all the ingredients (except the coconut) into a food processor and blitz until well combined and a dough has formed.
- Once the dough has formed, pour the mixture onto the bench. Grab a small handful and roll into a bowl. Repeat this process until all the dough has been used.
- Place the shredded coconut and extra cocoa into separate bowls. Grab your protein balls and roll them in either the coconut or cocoa. Place into an air tight container and keep refrigerated.

