

**WEETBIX SLICE
(serves 1)**

INGREDIENTS:

- 2 WEETBIX
- 100ML MILK
- 12G LSA
- 160G YOPRO YOGHURT
- 50-100G BLUEBERRIES (*FROZEN or FRESH*)
- 15G PROTEIN POWDER

METHOD:

1. Crush the Weetbix and combine with the LSA in a small container or jar.
2. Add the milk and stir well.
3. Press the mixture down so it forms an even layer across the bottom of the container.
4. Top with YoPro, cover, and place in the fridge overnight (or at least 1-2 hours).
5. Mix protein powder with a small amount of water to create a paste consistency.
6. Top with protein paste and frozen or fresh blueberries before serving.

TIPS:

- *Use any berry of choice.*
- *Use any yoghurt flavour of choice.*
- *If you want a stronger fruit flavour, add frozen blueberries to the mix overnight.*
- *Add a pinch of salt to the dry mix to enhance the flavour.*