



Vegan dessert

Total: 30 min · Prep: 10 min · Cook: 20 min · 1 servings · Easy · Breakfast

Vegetarian

INGREDIENTS

- 15 g Oats
- 150 g Coconut milk
- 2 tsp Chia seeds
- 2 tsp Honey
- 60 g Blueberry
- 75 g Banana
- 15 g Cashew
- 1 tsp Carob or shredded coconut

INSTRUCTIONS

- 1 In a blender, add oats, chia seeds, honey, 30 g of blueberries, banana and milk. Blend slightly until smooth.
- 2 Pour the mixture into a jar and place in the freezer for 15 minutes.
- 3 Remove from freezer and finely chop the cashews and chocolate.
- 4 Sprinkle the mixture with chopped cashews and chocolate on top, and add the remaining 30 g of blueberries.

Nutrition per serving: 435 kcal · Protein 9.0 g · Fat 25.0 g · Carbs 63.0 g · Fiber 8.0 g