

A Passionate Sundae Breakfast

Just so good for you and so delicious, you could use it as a seduction tool! You can develop this to any of your favourite ingredients.

For two tall sundae glasses:

150g strawberries

25g Icing Sugar

125g-ish Hugo's Granola or Fruit and Nut Granola

200g coconut (or Greek) yoghurt.

2 passion fruit

2 teaspoons pumpkin seeds to decorate.

Hull (remove the stalk) and cut in quarters the strawberries, put into a bowl with the sugar and crush with a fork lightly. Cut the passion fruit in half on a plate to catch the juice.

In each glass, put in about a quarter of sweetened strawberries, then about a heaped tablespoon granola, then a tablespoon and a half of yoghurt, followed by half a passion fruit. Second layer of a quarter of the strawberry mix, and repeat the first layer; granola then finish with a yoghurt and passion fruit. Sprinkle of pumpkin seeds over the final passionfruit. Refrigerate before serving.

You could use yoghurt ice-cream in the summer!

