



BLUEBERRY WEETABIX CHEESCAKE SERVES 1 INGREDIENTS:

- 2 weetabix
- splash of milk
- 1 pot of blueberry protein yoghurt(i use the Arla one)
- 1 scoop of vanilla protein powder
- 80 fresh or frozen blueberries

INSTRUCTIONS:

- Place the weetabix in a bowl.
- Pour on enough milk to soften and then mash with a fork to form a biscuit like base.
- in a bowl mix together the yoghurt and protein powder (don't worry if it goes lumpy at first, persevere!)
- spread the yoghurt mix over the base.
- refrigerate overnight.
- remove from the fridge about half an hour before serving
- top with blueberries. Enjoy.

This can be made in bulk and in advance to save you time across the week.

420 cals 45g P 48g C 3g F