

# NUTRAFRESH™

## The Complete Breakfast

Makes - 2-3 glasses

### Ingredients

- 3\*\* teaspoon Nutrafresh™ Blueberry powder
- 2 cups 'low fat', 'no added sugar' yogurt
- ½ cup milk or soy milk
- 6 tablespoons rolled oats
- 1-2 Teaspoons Maretai Organics Inulin powder to sweeten ([www.maretai.co.nz](http://www.maretai.co.nz))



\*\* 3 teaspoons Nutrafresh™ Sparkling powder = 15g approx.

### Method

1. Simply add all the ingredients in your blender and mix on high for 30 seconds
2. Garnish with a few fresh Blueberries or a few rolled oats.