

## PINEAPPLE AND POMEGRANATE BREAKFAST POTS



 Serves  
2

 Prep  
10 minutes

Enjoy this healthy breakfast in a pot, which you can prepare the night before.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	271kcal	23.6g	2.4g	0.5g	0.2g
R1%	14%	26%	3%	3%	3%

### METHOD

1. Drain the can of Princes Pineapple Chunks in Juice, reserving the juice.
2. Share the muesli between 2 small pots with lids, or screw-topped jars. Spoon an equal amount of the pineapple juice onto the muesli in each pot.
3. Share the Greek yoghurt between the pots, leveling the tops.
4. Mix together the pineapples and pomegranate seeds, then spoon on top of the yoghurt. Seal with the lids and keep chilled until ready to serve.

### INGREDIENTS

1 x 227g can of **Princes Pineapple Chunks with Juice**

80g low sugar muesli

200g 0% fat Greek yoghurt

2 tbsp pomegranate seeds