

Summer cous cous



BODY SHAPE
PERFORMANCE

100ml cold water
40g cous cous
½ an apple, core removed and
sliced finely
80g fresh apricot or berries
50g Greek yoghurt
1 tsp chia seeds (or use seeds of
choice)

Place the water in a saucepan and bring to the boil. Reduce heat to low and add the cous cous. Stir well and remove pan from heat. Cover and leave for around 8 minutes to absorb the water.

Fluff up with a fork and transfer to a serving bowl. Top with the apple, apricot / berries, yoghurt and seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 1



PER SERVING:
275 Calories
45g Carbs
8g Protein
7g Fat