



Ingredients

- 2 wholemeal biscuits (such as Weetabix)
- 150ml low fat milk (1.5% fat)
- 10 blueberries (optional)

Method

Put the wholemeal biscuits in a bowl and pour over the milk. The milk can also be heated in the microwave or in a saucepan on the hob if you would prefer it warm. Scatter over the blueberries (optional) to serve.

* Suitable for vegetarians