



EASY BERRY HARVEST BANANA BREAKFAST COUSCOUS



SERVES: PREP TIME: COOK TIME:

4 | 5M | 15M

DAIRY FREE VEGETARIAN

INGREDIENTS:

½ Cup Crofter's Organic Premium Berry Harvest Fruit Spread

2 Cups Cooked Couscous

1 Cup Light Coconut Milk

1 Tsp Vanilla Extract

1 Tsp Raw Honey

2 Bananas
(Sliced into rounds)

Pinch of Salt

½ Cup Fresh Strawberries
(Diced)

½ Cup Fresh Blueberries

Walnuts (Optional)

1-2 Tbsp Chia Seeds

1-2 Tbsp Shredded Coconut

DIRECTIONS:

1. Prepare the couscous. First bring 3 cups of water to a boil (1 ½ Cups Water/1 Cup Couscous) then add in your couscous. Let simmer for a few minutes and then fluff lightly with a fork.
2. Once ready, add it to a large skillet with coconut milk, vanilla extract, honey, sliced banana and a pinch of salt. Let these ingredients cook on a low heat for 5-10 minutes.
3. Add in the remaining ingredients. Stir gently and let the couscous simmer for another 5 minutes until most of the liquids have evaporated. Serve and enjoy!