

# Fruit Pots

Messy weaning recipes with WaterWipes  
by Natasha Corrett, Mumsknowsbest.com



150g blueberries  
1 tbsp chia seeds  
1 tbsp water  
1 banana  
4 tbsp yoghurt  
1 tbsp cashew butter (optional)

**This really is a great dessert for kids. They think it is a sweet treat, but it's actually full of goodness. You can also freeze into popsicles for hotter days or when teething is really bad.**

1. Put the blueberries into a pan with 1 tbsp water and cook for 1-2 minutes. Once it has created a liquid you can add the chia seeds. Continue to cook and stir for 5 minutes then take off the heat. You want it to become like a jam consistency.
2. Put the banana, yoghurt and cashew butter into a blender and blend until smooth.
3. Serve with both together.

**Serves 2 children**