



# WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

# CONNECTED

## Quick frozen summer fruit yoghurt

Serves: 2    Prep Time: 10 min

*It is cheaper to buy tubs of natural yoghurt than buying flavoured yoghurts and by adding your favourite fruits you can make a healthier dessert.*

### INGREDIENTS

- 250g Frozen Summer fruits
- 250g Natural low fat Greek Yoghurt
- 1 tablespoon runny honey

### GET COOKING

1. Place the frozen fruit, yoghurt and honey in a blender, blend for 30 seconds, or until the ingredients are mixed together.  
Serve straight away with extra fruit or place back in the freezer until you serve.

*Any frozen fruit can be used, I chose the mixed summer fruit as it is more economical to buy the bags of mixed fruit.*

### Yoghurt and banana layer oats

Slice 1 banana, place half the banana in a cereal bowl, spoon over 1 tablespoon natural yoghurt-sweetened with 1/2 teaspoon honey. Sprinkle on 1 tablespoon of porridge oats or muesli.

Repeat with the banana, yoghurt and finish with oats. Top with fruit. Chill in the fridge, serve.



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