

Support to Recovery (\$2R) PROMOTING POSITIVE MENTAL HEALTH

CONECTED

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 fruits250g Natural low fat Greek Yoghurt1 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 ba

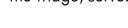
Serve straight away with extra fruit or place back in the freezer until you serve.

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 yoghurtsweetened 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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