



5 mins

Allergens



NUTS



MILK

Utensils



spoon



cling film



rolling pin

You will need...



15g dried mixed fruit



15g mixed nut selection



150g low fat Greek yoghurt

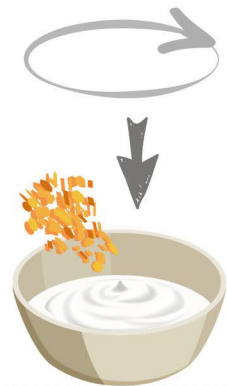
- 1 Spoon the yogurt into your favourite bowl



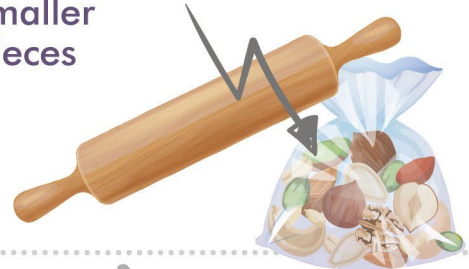
Breakfast Recipe

Low fat Greek yoghurt with fruit and nuts (Uncooked)

- 2 Sprinkle the dried fruit over the yogurt



- 3 Wrap the nuts in clingfilm. Gently tap the nuts with a rolling pin to break them into smaller pieces



- 4 Unwrap the clingfilm and sprinkle the nuts over the yogurt and dried fruit



- 5 Enjoy your breakfast

