

Yogurt and fruit sundaes

Serves 1



Ingredients

You can use 2 tablespoons/handful mixed fruit of any of the fruit combinations from the list below:

You can use fresh, tinned in fruit juice or frozen, defrosted): a selection of apple, pears, peaches, banana, mango, chopped into small chunks and whole raspberries, blackberries and blueberries, 1 tablespoon dried fruit

110ml/ 4floz low fat natural yoghurt

½ tablespoon of seeds or crunchy oatly cereal to top

Method

1. Combine all of your chosen fruits together in a bowl.
2. Layer the fruit and yoghurt in a clear glass or bowl.
3. Top with seeds or crunchy cereal.
4. Serve immediately to keep the cereal or mixed seeds crunchy.