



Fruity Froyo

Ingredients

- 2 fruits of your choice
- 100-200ml plain yoghurt (no sugar added)

For optional toppings: nuts, granola, wholegrain cereal, peanut butter, etc.

Directions

1. Wash and slice each fruit into medium-sized pieces.
2. In a small cup, add plain yogurt and top with each type of fruit.

NOTE: Mix it up and use any fruit that is in season. Limit to 3 different fruits and always pair with a protein.