

## Fruity Yoghurt Pots



### Ingredients (serves 4)

**150g soft fruit (mashed or whole berries)**

**Drizzle of liquid honey**

**250g low fat natural yoghurt**

**4 tbsp Granola, small pieces or slightly ground**

**3 – 4 Blueberries, optional**

When fruit is out of season it's worth having some tinned and frozen available. They are just as nutritious as fresh fruit.

### Method

- 1) Spoon fruit into the bottom of a glass bowl (any soft fruit is fine – pureed/ mashed / frozen/ tinned/ whole berries)
- 2) Drizzle a little honey over the fruit
- 3) Spoon approximately 50g of natural yoghurt over the fruit
- 4) Sprinkle on a tablespoonful of granola or a few blueberries
- 5) Serve immediately or leave in the fridge overnight to chill

